

News & Views

January & February 2023

Membership Cost: \$25.00 per person

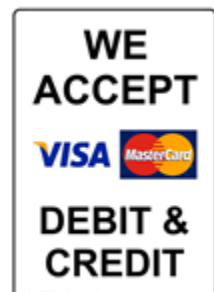
Note: Membership fees for 2023 are due

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



Facility Information

Lions Senior Centre

Telephone: 519-268-2025

Fax: 519-268-2583

Emails: 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 to Friday 8:30 a.m. to 4:30 p.m.

Useful Information:

- Handicap parking is located adjacent to the Centre.
- The Centre is equipped with automatic doors.
- Hand Sanitizer is provided and recommended to use when entering the building as well as during your time at the Centre.

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.

Program Class Registration

Advance registration is recommended for

8-week courses. Drop-in programs have resumed.

Please make all cheques payable to Municipality of Thames Centre.

Newsletters can be mailed

If you would like to have your newsletters mailed for \$12.00/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 New Year everyone!

Hope all of you had a lovely holiday with family and friends.

If you are ready to get back into a routine and get some exercise to burn off all the turkey & desserts, we have lots of exciting programs, bus trips, workshops that will have you movin' and grovin'.

Once construction for the renovations/expansion begins, alternate rooms and/or locations have been booked for programs and events. Watch for details as things start to happen. Until then, all programs will be held in the usual locations.

It is so nice to be able to have our annual Robbie Burns luncheon this year. Come out for a traditional Scottish meal, excellent entertainment, a wee bit o'haggis and hear the skirl of the bagpipes.

At the Valentine hot meal, the Goldies Band will serenade us with their lively tunes. Don't miss these hearty meals. Add your name to the guest list as soon as possible.

We have a seminar coming up on January 25th all about "Medication Overuse". Sign up for this informative afternoon and bring your questions to ask the pharmacist.

Join us at the movie afternoons for entertainment, snacks, and good times!

See you all soon!

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 Beacham, Georgina Carroll, Valerie Cumper, Betty Lawson, Jack Lorimer, Stella Mooney, Dorothy Pinkerton, Ken Purdon, Helen Reid, Les Shackleton, Betty Smith, Carl Summers and Anne Vandeven.

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.

Christmas Craft

On December 5th at 9:00 a.m. we will be making

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

Robbie Burns Hot Meal

Friday, January 27, 2023

Dorchester Arena Auditorium at 12 noon

Menu: Wee bit O'Haggis, Scottish Meat Pies, Mashed Potatoes, Gravy, Mushy Peas, Turnip, Scones with Clotted Cream and Jam, Tea/Coffee, Juice and Homemade Shortbread for Dessert.

Musical Entertainment: Bob Finlay

Piper will pipe in the haggis, there will be an Address to the haggis and Celtic Grace

Cost: \$20.00

*Take-out/Drive-Thru option available.

Call 519-268-2025 for more information.

Valentine Hot Meal

Friday, February 10, 2023

Dorchester Arena Auditorium at 12 noon

Menu: Roast Beef, Mashed Potatoes, Gravy, Vegetables, Coleslaw, Dinner Rolls with Butter, Tea/Coffee, Juice and Cake for Dessert

Musical Entertainment: Goldies Band

Cost: \$20.00

*Take-out/Drive-Thru option available.

Call 519-268-2025 for more information.

New and Improved Hot Meals

Starting back to in-person meals, we would like to make it a friendly and welcoming experience for everyone. The tables and chairs will be spaced to allow for more comfort and some extra seating will be set up just in case. There will be no table reservations. If you have a large group, please arrive together. You can put a coat or hat on a chair, to reserve for a friend but please do not tip the chairs up (this is a tripping hazard). Everyone will be taken to their seats as they arrive by a volunteer or staff. We hope this will alleviate the problem of people arriving and not being able to find two seats together and finding a room full of reserved signs. Not to worry...everyone will get a seat and have a fun time with friends.

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

\$2.00 (includes popcorn, candy & beverage)

Registration for the movies is required to reserve your spot.

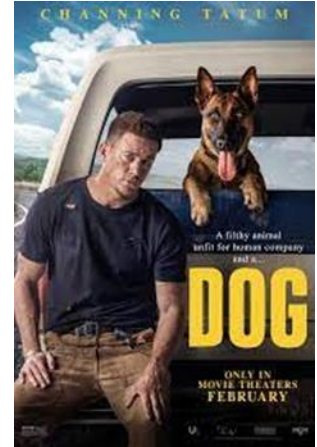
Thank you ☺

Dog

Tuesday, January 17, 2023 @ 2:00 p.m.

Movie Overview: “In this road-trip comedy, two hard-charging former Army Rangers paired against their will – Briggs and a Belgian Malinois named Lulu – race down the Pacific Coast in hopes of making it to a fellow soldier’s funeral on time.

Stars: Channing Tatum, Ryder McLaughlin, Aavi Haas



Red Dirt Rising

Tuesday, December 13th, 2022 @ 2:00 p.m.

Movie Overview: “Based on a true story about the early days of stock-car racing. A story of love in the time of moonshine as three stock car racing’s earliest heroes come of age to find escape from life’s challenges on the track, ultimately shaping the future of their families and auto racing during the Fighting Forties.”

Stars: Brad Yoder, Burgess Jenkins, Ashlee Payne, Quentin Kerr & R. Keith Harris



Tech Support with Dan Parker

~ Ask questions ~ Get answers ~

Bring your devices and Dan will be here to help you.

Includes: cell phones, iPads, tablets, laptops etc.

Date to be announced, 11:00 a.m. - 12 noon at Thorndale Lions Community Centre

Date to be announced 12 noon – 1:00 p.m. at Dorchester Lions Senior Centre

To register call 519-268-2025 or email kgress@thamescentre.on.ca

Registration is recommended for all programs. Masks are not mandatory but optional. Hand sanitizer will be provided.

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 8-week session begins January 9th and is \$40.00 members/\$50.00 non-members. Connect using over-the-phone teleconferencing.

CHAIR YOGA – 11:15 a.m. – 12:15 p.m. Every Thursday in person with our certified yoga instructor April Geoffrey. 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 January 10th. 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.

STITCH & CHATTER / RAGGED EDGE QUILTERS – 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. The cost is \$2.00 for members and \$4.00 for non-members per class. Marlene McKnight is the organizer of this class.

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 arena auditorium.

TUESDAY

GENTLE PILATES – 9:30 a.m. – 10:30 a.m. 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 January 10th. 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. We encourage you to sign up for the entire 8-week session.

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 increases 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 January 3rd \$35.00 members/\$45.00 non-members.

GENTLE YOGA – 11:00 a.m. – 12 noon. 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 7-week course begins January 3rd at a cost of \$35.00 for members and \$45.00 for non-members or pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome. Member 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 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 beginning January 10th.

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 January 10th. Meet at the indoor walking track in the arena (please call to sign up in advance). 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

DRUMFIT – 10:00 a.m. – 11:00 a.m. 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 January 11th 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.

NEW! JAM SESSION – 11:15 a.m. – 12:15 p.m. Every Wednesday. Learn to play the guitar with “Guitar Buddy”. This 8 week-session begins January 11th at a cost of \$50.00 members/\$60.00 non-members. Bring your own guitar or borrow one from the instructor: Diana Schiedel.

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 co-ordination plus strategy and a competitive spirit. The cost is \$2.00 for members and \$4.00 for non-members. Every Wednesday in the arena auditorium.

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. Learn the basic steps beginning January 12th. Stay for the 9 a.m. class to try out the steps.

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 \$10.00 for members & \$15.00 for non-members and begins January 12th. Pay as you go \$4.00 for members and \$6.00 for non-members.

CHAIR YOGA – 10:15 a.m. – 11:15 a.m. Every Thursday in person with our 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. A new 8-week session begins January 12th. 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 – 10:30 a.m. – 11:30 a.m. 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 January 12th. 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. We encourage you to sign up for the entire 8-week session.

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.

CREATIVE AGE ART GROUP – 1:00 p.m. – 3:00 p.m. in the Art Studio. 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.

FRIDAY

CARPET BOWLING – 10:00 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 every Friday. **We're looking for new bowlers. Beginners are welcome.**

ZUMBA – 10:00 a.m. – 11:00 a.m. Join in on some fun dancing exercise classes with instructor Ellen Johnson in the Arena Auditorium. A new 8-week session begins January 20th. 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 – 9:30 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. **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

MAT YOGA – 9:00 a.m. - 9:50 Join our certified instructor, April Geoffrey, 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. This 8-week course begins January 9th 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.

CHAIR YOGA – 10:00 a.m. – 10:50 a.m. - Every Monday in-person. Join certified yoga instructor April Geoffrey. 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 January 9th. The cost is \$35.00 members/\$45.00 non-members.

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

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 8-week session is \$20.00 for members & \$30.00 for non-members and begins January 11th.

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

WOMEN'S COFFEE HOUR – 10:00 a.m. – 10:50 a.m. Enjoy a hot cup of coffee and great conversation in meeting room #3 for \$2.00. Begins January 11th.

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 – 10:00 a.m. – 11:00 a.m. DrumFIT is a fast-paced, non-competitive fitness program that combines music, movement, and drumming. It is guaranteed to leave you smiling, inspired, and wanting more! This 8-week session costs \$50.00 for members & \$60.00 for non-members. Begins January 12th in meeting room #1. Drumsticks, exercise balls and bases all provided for this class. Certified DrumFit Instructor: Diana Schiedel.

CHAIR YOGA – 11:45 a.m. – 12:35 p.m. Every Thursday in-person. Join certified yoga instructor Jodi Marissen. 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 November 10th. The cost is \$35.00 members/\$45.00 non-members.

MAT YOGA – 12:45 p.m. – 1:35 p.m. Join our certified instructor, 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 November 10th 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. 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

Where Would You Like to Go? If you have trip ideas, let us know.

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

“Starlight Casino ~ Point Edward” – Wednesday, February 1, 2023. Depart: 9:00 a.m., Return: 5:00 p.m. \$50.00 members/\$60.00 non-members. You'll receive \$10.00 slot play. Bring your “My Club Rewards” card or have a new one printed. Bring your photo ID. Join us for a fun day out!

Monthly Programs & Workshops

Monthly Crafting & Painting Classes

Snowman Door Hanging
Monday, January 16 @ 2:00 p.m.
In the Creative Art Studio
Cost: \$15.00
Register by Jan 9th



Wintery Snowman Painting
Monday, February 13th @ 12:30p.m.
In the creative Art Studio
Cost: \$25.00
Register by Feb 6th

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.

January: Empire of Sin

February: Good Company

March: The Stranger in the Woods

April: The Four Winds

May: The Fire Keeper's Daughter

June: Personal Librarian

Meetings will be on the 4th Monday of the month @ 2:00 p.m.

(The meeting in December will be on

Monday, December 19th due to Christmas)

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.

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 12th
\$3.00 per person
Dorchester Arena – South Ice Pad

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 \$35.00. Contact Nan at 519-860-5214.

DONNYBROOK 433 SENIORS

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

With Shelia Shorrell on the 1st and 3rd Thursdays of the month in the arena auditorium 2:00 p.m. – 3:30 p.m. **Beginning September 15th**

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

iPad Lessons with Dan Parker via Zoom – Free for Members of the Centre

Tuesdays at 7:30 p.m. beginning November 22nd

iPads are available to borrow

This will be a series of 6 classes held once a week using Zoom beginning with the basics.

You can join in every week or pick and choose the topics that appeal to you.

Week 1: General instruction on how to operate your iPad, Week 2: Facebook - Setting up an account,

Week 3: Social Gaming and Apps, Week 4: Shopping and Banking Online,

Week 5: Cyber Security.

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

Medication Overuse Talk

Speaker: Certified Geriatric Pharmacist ~ The Health Depot

Lions Senior Centre

2066 Dorchester Rd, Dorchester

Wednesday, January 25, 2023

2:00 p.m.

Join us for an information talk about "Medication Overuse".

Bring your questions for the pharmacist to answer.

Please call 519-268-2025, email kgress@thamescentre.on.ca or pop by the Centre to sign up!

Recipe from the Centre's Kitchen

Easy Lemon Bars

Prep Time: 5 minutes

Cook Time: 45 minutes

Yield: 16 bars

Ingredients

Crust:

- 12 tbsp unsalted butter, frozen and cut in small pieces
- 6 tbsp sugar
- 1 ½ cups flour

For Filling:

- 1 ½ cups sugar
- ¼ cup flour
- 4 large eggs
- ¾ cup lemon juice
- 1 tbsp lemon zest



Instructions

1. Preheat oven to 350 degrees and line baking pan both ways with parchment paper with overhang.
2. Add the butter, sugar and flour to a food processor and let process for 20-30 seconds or until the dough comes together into a ball then press into an 8x8 inch pan and bake for 22-25 minutes
3. Combine the 1 ½ cup of sugar, ¼ cup of flour, 4 eggs, lemon juice and zest in a large bowl and whisk well and let sit for 15 minutes while crust bakes, whisk just before pouring onto crust and then bake the crust with the filling for 30-35 minutes (remove before it starts to brown).

Creative Age Art Studio Winter Schedule 2022

Susan Hewitt Graham will be running a 3-week painting session in the spring.

The Creative Age Drop-In Thursday Afternoon art group will be moving to Zoom for the winter months starting January 12, 2023. If you are interested in joining in on the weekly activities, please email penny@pennywearne.com Your name will be added to the list and you will receive a weekly email with an outline of each week's activity. We use whatever materials we have on hand in our homes, spend time creating together, sharing ideas and always having fun.

More to come...watch for details in weekly emails!



For Your Entertainment



Winter Word Search



- WINTER
- SNOW
- BLIZZARD
- COLD
- HOT COCOA
- DECEMBER
- CHRISTMAS
- COAT
- GLOVES
- BOOTS
- EARMUFFS
- ICE
- SKI
- SLED
- SNOWBOARD

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