

News & Views

May/June 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

**WE
ACCEPT**



**DEBIT &
CREDIT**

Ontario 

Facility Information

Lions Senior Centre

Telephone: 519-268-2025 (direct line)

Karen: 519-268-7334 ext. 708

Lucinda: 519-268-7334 ext. 728

Email: kgress@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

Happy Spring everyone!

Time sure flies when you're having fun! The spring flowers are in full bloom and before we know it, summer will be here.

Construction on the new and improved Senior Centre is trucking along. The estimated time of completion is the end of July. Lucinda and I went on a tour of the new part of the facility, the third week in April, and it was amazing to see how much space we will have for our activities. It is super exciting! We hope everyone will attend the fundraiser dinner at the end of June. There will be delicious food, silent auction, and fabulous musical entertainment. All to enjoy with your family, friends, and neighbours.

We have planned lots of activities and events to entice everyone to participate! Check out the armchair travel event where you can take a trip to the Galapagos Islands and Haida Gwaii. Travel in person on the many bus

trips that are available. Make sure to sign up for the movie afternoons and the bid euchre tournament. Hope to see all of you at the Garage Sale! Vendors welcome! We are accepting donations of gently used treasures.

Thank you for the warm welcome you have given Lucinda!
I have forwarded all the well wishes you sent for Kayla, and she says thank you!

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 Beacham, Valerie Cumper, Dorothy Dicker, Russel Farquhar, Stella Mooney, Ken Purdon, Helen Reid, Les Shackleton, Betty Smith, Gord Lewis, Glen Froats, 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 Lucinda 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

Spring Hot Meal

Friday, May 10, 2024

Thorndale Lions Community Centre

at 12noon

Menu: Burgers (Fried Onions and Cheese Optional), Salads, Tea/Coffee, Juice, and Homemade Cheesecake for Dessert.

Musical Entertainment: Dee Gee Country

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 (Lucinda) or email us at kgress@thamescentre.on.ca to reserve your meals

Eats & Beats Fundraising Dinner

Lions Senior Centre Renovation Project

Wednesday, June 19, 2024

Thorndale Lions Community Centre

at 5:00PM

Menu: Roast Beef, Mashed Potatoes, Gravy, Vegetables, Salad, Dinner Rolls with Butter, Tea/Coffee, Juice, and Dessert, made with Fresh Heeman's Strawberries.

Musical Entertainment

Silent Auction

Cost: TBA

Armchair Travel Log

Island Adventures: The Galapagos and Haida Gwaii

Tuesday, June 4th

2:00 p.m.

Cost: \$5.00

In the Daycare ~ Call to register ~ Limited Space Available

Enjoy an exciting excursion from the comfort of your chair! Delectable cookie trays, beachy desserts, carafes of tea/coffee, and pitchers of punch will be served.

Dorchester Community Pool

Aqua Fit Program

Monday – Friday

12:00 p.m. – 12:45 p.m.

Cost: \$6/day or 10 classes for \$37.00

Starts July 2nd, 2024

Senior Centre Cinema Movie Afternoons

Movie Afternoons – Held in the Daycare (North Side of the Building)

\$2.00 (includes popcorn, candy & beverage)

Registration for the movies is required to reserve your spot.

Thank you ☺



Going in Style

Tuesday, May 21, 2024 @ 2:00 p.m.

Movie Overview: “Three retired men and lifelong pals (Michael Caine, Morgan Freeman, Alan Arkin) lose their pensions when the company they've worked for their entire lives is sold to a private corporation. Angry, and in need of money to survive, they decide to literally get their money back by robbing the same bank that's withholding their hard-earned money.”

Stars: Morgan Freeman, Michael Caine, Alan Arkin, Joey King, Matt Dillon, Chris Rock, Margret, John Ortiz and Siobhan Fallon Hogan

The Great Outdoors

Tuesday, June 25, 2024 @ 2:00 p.m.

Movie Overview: “When an unannounced, uninvited and unwelcome family of fun-loving misfits converge upon a lakeside resort to join their relatives for a summer of relaxation, the result is anything but restful in this raucous comedy starring Dan Aykroyd and John Candy.”

Stars: Dan Aykroyd, John Candy, Stephanie Faracy, Annette Bening, and Chris Young.



Bid Euchre Tournament

Friday, May 31, 2024

(Please register by Monday, May 27th)

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!

Garage Sale

Saturday, June 15th, 2024

(Please register by Monday, May 27th)

9AM-1PM

\$15.00 per person

Stop in and check out the vendors and see what treasures you can find. Enjoy refreshments and a BBQ lunch.

Want to be a vendor? Contact Karen or Lucinda for vendor registration. 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 May 6th and is \$35.00 members/\$45.00 non-members. Connect using over-the-phone teleconferencing. No class May 20th (Victoria Day).

CHAIR YOGA – 11:15 a.m. – 12:15 p.m. Every Monday in person with our certified yoga instructor April Geoffrey. This 7-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 May 6th and is \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. No class May 20th.

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 May 20th.

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 May 20th.

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 May 7th. 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.

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 8-week course begins May 7th at a cost of \$40.00 members/\$50.00 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 began April 9th (with a new 4-week session starting June 4th) at a cost of \$40.00 members/\$50.00 non-members (\$20.00 members and \$30.00 non-members for June session). 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 (\$40.00 members / \$50.00 non-members for June).

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 April 30th 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.

NEW! POWER CHAIR FITNESS – 11:30 a.m. – 12:20 p.m. Every Tuesday in person with our certified instructor April Geoffrey in the Daycare (North side of building near the old auditorium). Benefits of chair fitness: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion & mobility, and improves balance. A new 8-week session begins May 7th. The cost is \$40.00 members/\$50.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. We encourage participants to sign up for the entire session.

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 the Fall.

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 May 2nd. 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

MAHJONG LESSONS – 9:00 a.m. – 12:00 p.m. Join Lawrence Seah for “Coffee and Mahjong Social”. 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.

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 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 May 2nd. 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 May 2nd. 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 April 25th. The cost is \$40.00 members/\$50.00 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 June 6th at a cost of \$20.00 members/\$30.00 non-members. If you plan to attend twice a week for 8 weeks, (course also offered on Tuesdays) the price is \$40.00 members/\$50.00 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 May 2nd. 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

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 May 17th. The cost is \$35.00 for members/\$45.00 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 – 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. 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 7-week session begins May 6th at a cost of \$40.00

members/\$50.00 non-members. Pay-as-you-go is \$7.00 for members and \$9.00 for non-members. No class May 20th (Victoria Day).

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 7-week session begins May 6th at a cost of \$30.00 members/\$40.00 non-members. Pay-as-you-go is \$5.00 for members and \$6.25 for non-members. No class May 20th (Victoria Day).

TUESDAY

KURLING – Kurling will resume in the Fall, stay tuned for the new dates. *Would you like to lead this program? We need someone to spearhead this activity.*

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 \$17.50 for members & \$27.50 for non-members and begins May 1st.

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 May 2nd. 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 May 2nd 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.

Spring Mystery Tour – Only 4 spots left - 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 – Sold Out - 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*

Duc d'Orleans II Lunch Cruise – Tuesday, August 27, 2024. Depart: 10:00 a.m. Return: 4:00 p.m. \$115.00 members/\$125.00 non-members. Cast off with us under the watchful eye of the Captain and his crew aboard the Duc d'Orleans III! Enjoy a lunch cruise up the beautiful St. Clair River. Lunch includes sandwiches, salads, pastas, soft drinks, water and juice. Alcoholic beverages available to purchase (Cash only). After the cruise there will be an hour free time so you can take a stroll along the waterfront, sit on a bench, get an ice cream cone, French fries or just soak in the scenery.

"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: 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.

Fondant Decoration Making Class

With Gail Hankinson
Flight Exec Centre
Blueline Room
Monday June 3rd
9:00 a.m. – 12:00 p.m.

Cost: \$10.00 members/\$25.00 non-members
Register for this lesson by calling,
519-268-2025 or email
kgress@thamescentre.on.ca

Monthly Programs & Workshops

Monthly Crafting & Painting Classes

“Sunset Sailing” Painting

Monday, May 13th @ 12 p.m..

In the Creative Art Studio

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

Registration is required by May 6th.

“Nail and String Art” Craft

Monday, June 17th @ 2 p.m..

In the Creative Art Studio

Cost \$15.00 members / \$25.00 non-members

Registration is required by June 10th.

Book Club

Book club is coming to an end for the season. The group will meet once a month on the last Monday to discuss the chosen book.

May. – *Before I go to Sleep*

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

lheuving@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

Tech Help with Dan Parker

Tech Help will resume in the fall.

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.
Ends May 30th
\$4.00 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
Dorchester Fairgrounds
2:00 p.m. – 3:30 p.m.

(June Dates: June 6th and June 27th. No drumming in the summer until September 5th)

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

Oreo Cheesecake Cookies:

These Oreo Cheesecake Cookies are perfectly soft, chewy, and filled with Oreos, they're sure to be your new favorite cookie. With only 5 ingredients, they are super easy to make!

Prep Time: 15 mins **Chill Time:** 30 mins **Cook Time:** 15 mins **Total Time:** 1 hr **Servings:** 12

Ingredients

- 4 ounces softened cream cheese
- ½ cup (1 stick) softened butter
- 1 teaspoon vanilla extract (optional)
- ¾ cup granulated sugar
- 1 cup all-purpose flour
- 10 chopped Oreo cookies



Directions

1. In a large mixing bowl, with an electric mixer beat the cream cheese, butter, sugar, and vanilla extract until fully combined.
2. Add the flour and continue to mix, just until fully combined. Add the chopped Ores and gently fold together.
3. Cover the dough with plastic wrap and chill in refrigerator for 30 minutes, or until firm.
4. Preheat oven to 350°F. Roll the cookie dough into small balls and place on a parchment lined cookie sheet.
5. Press the dough balls down to flatten slightly (the cookies will not spread much on their own).
6. Bake for 12-15 minutes or until cookies are golden brown on the bottom.
7. Place cookies on a cooling rack for at least 5 minutes.

Creative Age Art Studio

The Magic Yarn – Here are the Magic Yarn Workshop dates for May and June... with a little bit of info about what we'll be doing at each one. However, most of the workshops are now full for registrations. If you would like to drop in to meet our Magic Yarn Chapter Leader, Sue Beringer please come on up to the Creative Age Art Studio up on the second floor of the FlightExec Community Centre during one of these workshops. We start at 10am and finish at noon on these dates. There are a few spots open for the June 24th workshop... contact penny@pennywearne.com to register for that workshop. Monday mornings: May 6 (attaching "hair" to create the Elsa wigs), May 27 (bedazzling tiaras, sorting gems, other odd jobs), June 10 (attaching "hair" to other wigs), and June 24 (attaching "hair" to other wigs).

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.