

News & Views

September & October 2024



Membership Cost: \$25.00 per person

Note: Membership fees for 2024 are due

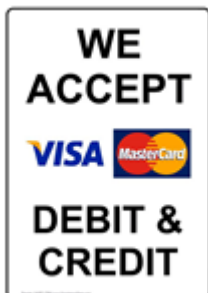
Newsletters: Free for members, \$1.00 for non-members



Lions Active Living 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 Active Living Centre

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 Active Living 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:

- Accessibility parking is available in front of the Lions Active Living Centre

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.

Important Note About our Phone Number

Please note that our **old phone number (519-268-2025)** is being phased out and will **no longer be monitored**. Please call us at **519-268-7334** extension 708 (Karen) or 728 (Lucinda). Thank you!

A Message and Information from Your Co-Ordinator

Hope everyone had a funtastic summer! After lots of outdoor adventures, rest and relaxation, you are probably ready to get back into a routine. We have loads of programs, activities, events and bus trips to keep you on your toes.

The doors to the new and improved Lions Active Living Centre will open soon and it will be exciting to begin fall programs in the new spaces.

There will be a Grand Opening on September 18th from 2 – 4 p.m. Come by for speeches, ribbon cutting, tour, program demonstrations, refreshments and much more. See you there!

If you have any suggestions for programs in Thorndale or Dorchester, we would love to hear them!

Yours truly,

Karen Gress

For Your Information

Membership Fees

Membership fee of \$25.00 per person are due for 2024. Your membership entitles you to participate in seniors' programs and activities at the Thorndale Lions Community Centre and at the Lions Active Living Centre in Dorchester. Payment can be made 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" and

mail it to: Lions Active Living Centre,
4305 Hamilton Road, Dorchester ON, N0L 1G3

Thank you in advance for your support!

Please Note: Membership fee for 2025 may increase slightly.

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

The WOW Programs will have a different phone number and passcode beginning in September as we have switched teleconferencing providers.

Call +1 (416)-850-2050

Enter Access Code

Bingo: 9377978#

Tai Chi & Yoga: 8511178#

For information or questions please call Karen or Lucinda at 519-268-7334 ext. 708 or 728.

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

Apple Fest

Friday, September 6th, 2024

Lions Active Living Centre

at 12noon.

Menu: Baked Ham, Hashbrown Casserole, Harvest Vegetables, Coleslaw, Baguette with Butter, and Apple Blossoms with Ice Cream for Dessert

Musical Entertainment: Dixie 5

Cost: \$20.00

Thanksgiving Hot Meal

Friday, October 11th, 2024

Lions Active Living Centre

at 12noon.

Menu: Roast Turkey, Mashed Potatoes, Gravy, Vegetables, Stuffing, Cranberries, Salad, Dinner Roll with Butter, Tea/Coffee, Juice, and Pie for Dessert

Musical Entertainment: Jim Chapman

Cost: \$20.00

Pick-up/Take-Out Option Available

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

Senior Centre Cinema

Movie Afternoons

Movie Afternoons – Held in the Lions Den (Room 1 in the new facility)

\$2.00 (includes popcorn, candy & beverage)

Registration for the movies is required to reserve your spot.

Thank you 😊



Summer Camp

Tuesday, September 24, 2024 @ 2:00 p.m.

Movie Overview: “Follows Nora, Ginny, and Mary, three childhood best friends who used to spend every summer at a sleep away camp together. After years, when the opportunity to get back together for a summer camp reunion presents itself, they all seize it.”

Stars: Diane Keaton, Kathy Bates, Alfie Woodard, Eugene Levy, Dennis Haysbert, Beverly D’Angelo, and Nicole Richie.

The Last Laugh

Tuesday, October 15, 2024 @ 2:00 p.m.

Movie Overview: “When retired talent manager Al Hart is reunited with his first client Buddy Green, a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community and hit the road for a cross-country comedy tour.”

Stars: Chevy Chase, Richard Dreyfuss, Andie MacDowell, Kate Micucci, Chris Parnell, George Wallace, Lewis Black, and Richard Kind.



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 September 9th and is \$35.00 members/\$45.00 non-members. Connect using over-the-phone teleconferencing. No class September 30th or October 14th.

CHAIR YOGA – 11:15 a.m. – 12:05 p.m. Every Monday in person with our certified yoga instructor April Geoffrey. This 7-week session will be in the Lions Den (Room Number 1 in the New Facility). 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. This 7-week session will begin on September 9th and is \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 members/\$7.00 non-members. No class September 2nd, 30th, or October 14th.

STITCH & CHATTER / RAGGED EDGE QUILTERS – 12:30 p.m. – 3:00 p.m. Quilting is held in the Creative Art Studio (Room Number 3 in the New Facility). 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 September 2nd, 30th or October 14th.

SHUFFLEBOARD – New Members Welcome! – 1:00 p.m. – 3:00 p.m. Shuffleboard will be in the Lions Den (Room Number 1 in the New Facility) every Monday beginning September 9th. 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 Shuffleboard on September 2nd, 30th or October 14th.

TUESDAY

GENTLE PILATES – 9:30 a.m. – 10:30 a.m. with certified instructor Laura Lea Devine. Pilates will be in the Activity Centre (Room Number 2 in the New Facility). 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 September 3rd. 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.

DANCEFIT – 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford. Dance Fit will be in the Lions Community Hall (Auditorium in the New Facility). A fun, easy to follow choreographed dance routine followed by full body toning and tightening. All fitness levels welcome, no fitness/dance experience necessary! This 8-week course begins September 10th 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.

GENTLE YOGA – 11:00 a.m. – 12 noon. Gentle Yoga will be in the Activity Centre (Room Number 2 in the New Facility). 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 September 3rd 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. No Class October 22nd.

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 Activity Centre (Room Number 2 in the New Facility). 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 beginning October 15th.

POLE WALKING – 1:00 p.m. – 2:00 p.m. Urban Poling is a sport that combines the aerobic and strength building benefits of cross-country skiing with walking. A new 6-week session will begin September 10th. Pole walking will take place at the indoor walking track in the arena (please call to sign up in advance). Pole Walking will be self-lead this session. If you are new to pole walking (new members welcome!) and would like an introductory class, please contact Karen Gress (519-268-7443 ext. 708). This class is pay-as-you-go and is \$2.00 for members & \$4.00 for non-members. The poles are provided for this class and should be returned after each day of class.

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 in the Lions Den (Room Number 1 in the New Facility) to play Mahjong.

DRUMFIT – 9:45 a.m. – 10:45 a.m. DrumFit will be in the Activity Centre (Room Number 2 in the New Facility). 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 September 11th at a cost of \$50.00 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! MUSCLE UP FOR ACTIVE AGERS – 10:00 a.m. – 11:00 a.m. This class will be in the Lions Community Hall (Auditorium in the New Facility). Join Certified Shelley Hansford in this exciting new program. Keeping our bodies strong is the key to a healthy lifestyle. We will focus on full body functional fitness. A light warmup, followed by a variety of muscle conditioning moves to target all areas of the body. Body weight and external equipment will be used to help challenge our bodies and stay strong and fit. All levels of fitness encourage, modifications supplied. This 8-week session will begin September 11th at a cost of \$40.00 members/\$50.00 for non-members.

GUITAR LESSONS – 11:00 a.m. – 12:00 p.m. Guitar Lessons will be in the Activity Centre (Room Number 2 in the New Facility). 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 September 11th 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 beginning September 11th in the Lions Den (Room Number 1 in the New Facility).

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.

TATTING – 1:30 p.m. – 3:30 p.m. with craft instructor Carol Smith. Tatting will be in the Creative Art Studio. Tatting is a technique for handcrafting a particularly durable lace from a series of knots and loops. Tatting can be used to make lace edging as well as doilies, collars, accessories such as earrings, necklaces, waist beads, and other decorative pieces. You will be provided with a kit including a tatting shuttle, crochet cotton and bobbin. If you already have some of these supplies, you are welcome to bring them to class. We have scissors you can use during class, or you can bring your favourite scissors with you. This 6-week course will begin on September 11th at a cost of \$5.00 for members and \$10.00 for non-members.

THURSDAY

BEGINNERS LINE DANCING – 8:30 a.m. – 9:00 a.m. Line dancing will be in the Lions Den (Room Number 1 in the New Facility). Learn the basic steps beginning September 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. Line dancing will be in the Lions Den (Room Number 2 in the New Facility). 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 September 12th. Pay as you go \$4.00 for members and \$6.00 for non-members.

DANCEFIT – 10:30 a.m. – 11:30 a.m. with certified fitness instructor Shelley Hansford. Dance Fit will be in the Lions Community Hall (Auditorium in the New Facility). A fun, easy to follow choreographed dance routine followed by full body toning and tightening. All fitness levels welcome, no fitness/dance experience necessary! This 8-week course begins September 12th 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 in the Activity Centre (Room Number 2 in the New Facility). 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 September 5th. 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.

CHAIR YOGA – 11:15 a.m. – 12:05 a.m. Every Thursday in person with our certified yoga instructor April Geoffrey in Lions Den (Room Number 1 in the New Facility). 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 September 5th. 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 on some fun games of Pickleball while learning some new skills. The fee is \$2.00.

FRIDAY

ZUMBA – 10:00 a.m. – 11:00 a.m. Join in on some fun dancing exercise classes with instructor Ellen Johnson in the Lions Den (Room Number 1 in the New Facility). A new 7-week session begins September 6th. 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. No class on September 13th.

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 Activity Centre (Room Number 2 in the New Facility). New members welcome! This friendly, musical group will get together every Friday beginning September 13th 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 September 2nd, 30th or October 14th.

CHAIR YOGA – 9:00 a.m. – 9:50 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 September 9th at a cost of \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 for members and \$7.00 for non-members. No class September 2nd, 30th, or October 14th.

GENTLE YOGA – 10:00 a.m. – 10:50 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 September 9th 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 September 2nd, 30th, or October 14th.

TUESDAY

KURLING – 10:00 a.m. – 11:50 a.m. in the gym. Would you like to lead this program? We need someone to spearhead this activity. We can arrange for staff to set up and tear down the equipment. 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.

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 September 11th.

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 – 9:00 a.m. – 9:50 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 September 5th at a cost of \$35.00 members/\$45.00 non-members. Pay-as-you-go is \$5.00 for members and \$7.00 for non-members. No class October 14th (Thanksgiving).

Gentle Yoga – 10:00 a.m. – 10:50 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 September 5th 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.

SHUFFLEBOARD – 1:00 p.m. – 2:50 p.m. Would you like to lead this program? We need someone to spearhead this activity. We can arrange for staff to set up and tear down the equipment. 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.

"Shane Cook and the Woodchippers" – "Shane Cook and the Woodchippers" – 4 Seats Left! – 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.

Fall Colours Mystery Tour – SOLD OUT! – There is a Waiting List. Thursday, October 17, 2024. Depart: 9:45 a.m. Return: 6:00 p.m. \$135.00 Members/\$145.00 Non-Members. This mystery

adventure includes a drive through the beautiful countryside to catch a glimpse of the gorgeous fall colours, delicious buffet style lunch (Sliders ~ Classic Burgers, BBQ Burgers, Creole Chicken, Vegetarian option available upon request, Salad, Wood-Fired Pizza, Dessert ~ Selection of seasonal desserts, and tea/coffee) and a special stop on the way home for a treat. This get away is sure to please!

Frankenmuth & Birch Run – SOLD OUT! – There is a Waiting List. 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 and shopping time at the Birch Run Premium Outlets.

Merry & Bright Christmas Trip ~ St. Jacob's – SOLD OUT! - Tuesday, December 10, 2024. Depart 10:00 a.m. Return 6:00 p.m. \$155.00 Members/\$165.00 Non-Members. This festive adventure includes lunch at Anna Mae's (Boasted Chicken, Mashed Potatoes, Gravy, Carrots, Dinner Roll with Butter, homemade Mennonite Pie or Cheesecake, Tea/Coffee or Soft Drink), and your ticket to see "Merry & Bright" at the Schoolhouse Theatre in St. Jacob's. About the Show: Featuring beloved holiday classics, inspiring songs, and soul-stirring Broadway anthems alongside joyful storytelling and humorous anecdotes, this production is sure to make the holidays merry and bright, filling hearts with the joy of the season.

Upcoming trips in the planning: The Lion King, Come from Away, Moulin Rouge etc.. *If you have any trips ideas for 2024, please let us know!*

Monthly Programs & Workshops

Monthly Crafting & Painting Classes

"Fallin' for Coffee" Painting

Tuesday, September 17, 2024 at 12 p.m.

In the Creative Art Studio

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

Registration is required by September 9th.

Afternoon Craft: Paper Pumpkins

Tuesday, October 22, 2024

In the Creative Art Studio

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

Registration is required by October 15th.

Book Club

The group will meet once a month in the Activity Centre on the last Monday to discuss the chosen book.

September: An American Marriage (Meeting September 23)

October: The Bucket List

November: The Forest City Killer

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

Cake Decorating Class with Gail Hankinson

Cake Frosting Using the Upside-Down Method

Date: October 8, 2024, 9 a.m. – 12 p.m.

Location: Lions Active Living Centre Kitchen

Cost: \$15.00

Join Gail to learn how to frost a cake with American Buttercream frosting using the upside-down method!

Remember to bring:

- Make either a 2 or 3 layer cake (8 or 6 inches – each layer wrapped in cling wrap and in a freezer bag with your name on it, keep it refrigerated)
 - Cake carrier if you have one
- Pre-made frosting as per recipe given upon sign up
- One cake pan that was used in making your cakes
 - Apron

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

Mastering Modern Technology: A Comprehensive Guide for Seniors

Join Dan Parker for this comprehensive course and take control of your digital world with confidence! Whether you're new to technology or looking to expand your skills, this course offers practical, hands-on learning to help you stay connected in today's tech-driven world. This class consists of six one-hour sessions.

Course Overview

Class 1: Getting Started with Smartphones

Objective: Build a solid foundation in using smartphones, including basic functions and navigation.

Class 2: Making Calls, Sending Texts, and Managing Contacts

Objective: Teach participants to effectively use communication features on their smartphones.

Class 3: Exploring Apps and the Internet

Objective: Introduce the use of apps and web browsing for everyday tasks.

Class 4: Using Smart Home Devices

Objective: Familiarize participants with common smart home devices and their uses.

Class 5: Streaming Services and Entertainment

Objective: Teach participants to access and use streaming services for movies, TV shows, and music.

Class 6: Online Safety and Troubleshooting

Objective: Provide knowledge on maintaining online security and troubleshooting common tech issues.

iPads are available to borrow with advance notice.

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.

To register contact the Active Living Centre at 519-268-7334 ext. 708 | kgress@thamescentre.on.ca

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 9th

\$4.00 per person

Dorchester Arena – South Ice Pad

Foot Care Clinic

Last clinic will be held in October

The Foot Care Clinic is held every month on the second Tuesday from 8:30 a.m. – 11:30 a.m.

The cost is \$35.00

Contact Nan at 519-860-5214.

We are looking for a nurse or nurses who would like to take over this service. If you know of anyone, please let us know.

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.

Location: Activity Centre (Room Number 2 in the New Lions Active Living Centre)

Bid Euchre

Every Wednesday evening from 7 p.m. to 10 p.m in the Activity Centre (Room Number 2 in the New Lions Active Living Centre). 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

Lions Den (Room Number 1 of the New Lions Active Living Centre)

2:00 p.m. – 3:30 p.m.

Begins: September 19th

Bid Euchre Tournament

Friday, September 27, 2024

Please register by Monday, September 23

Location: Lions Community Hall

2066 Dorchester Road, Dorchester

10 a.m. – 3 p.m.

Registration is Required, call the Active Living Centre to Sign Up

519-268-7334 ext. 708 or 728

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.

Art Studio Happenings

The Magic Yarn ~ Here are the Magic Yarn Workshop dates for September and October. If you would like to drop in to meet our Magic Yarn Chapter Leader, Sue Beringer please come on by to the Creative Art Studio (Room number 3 in the New Facility) during one of these workshops. We start at 10am and finish at noon on these dates. Contact penny@pennywearne.com to register for that workshop. Monday mornings: September 9 (Jack Sparrow), September 16 (Jasmine & Elsa), September 23 (Decorate Christmas envelopes, gluing flowers to Rapunzel, decorating flowers, cutting ribbon, etc.), October 7 (Packaging wigs for delivery and other tasks), October 21 (Belle, Wonder Woman, Captain Marvel and maybe Moana), November 4 (Ariel, Mermaid, Rainbow), and November 18 (Rapunzel).

TATTING – 1:30 p.m. – 3:30 p.m. with craft instructor Carol Smith. Tatting is a technique for handcrafting a particularly durable lace from a series of knots and loops. Tatting can be used to make lace edging as well as doilies, collars, accessories such as earrings, necklaces, waist beads, and other decorative pieces. You will be provided with a kit including a tatting shuttle, crochet cotton and bobbin. If you already have some of these supplies, you are welcome to bring them to class. We have scissors you can use during class, or you can bring your favourite scissors with you. This 6-week course will begin on September 11th at a cost of \$5.00 for members and \$10.00 for non-members.

Shut Up and Write: Three Thursday mornings in September & three in October from 10 - 11:30am. Dates: Sept. 12th, 19th, 26th & October 10th, 17th, 24th. Bring your favourite journal, pen, computer, and/or tablet (or borrow one of our iPads). This writing session will provide you with an opportunity to think, plan, write, and rewrite for a whole uninterrupted hour. We will meet at 10am, share our plan for the day, and then write for 60 minutes. At the end of the hour, you can choose to leave or stay to chat. Penny Wearne will facilitate the start and end of the writing hour.

Chainmaille Jewelry Making!

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

Instructor: Brian Bohnert

Thursdays Oct. 3rd, 10th and 17th, 1 - 3:30 pm

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).
Limit of 6 participants
Cost per person is \$45 members/\$55 non-members
for 3-week session.

Watercolour Painting Classes with Susan Hewitt Graham:

“ Dare to be Bold with Watercolour Paint”

Friday mornings from 9am - 11am. October 11th, 18th & 25th.

Painting growing things, flowers, branches etc.

\$70 members/\$80.00 non-members for 3-week session.

Arts & Crafts with Susan Siewert-Deibler

Learn to tie-dye 4 different ways - Sept. 6th, 1 - 3:30pm, Bring a prewashed cotton item (t-shirt or very small tablecloth) to dye

Fall Still life in chalk Pastel - Sept. 13th, 1 - 3:30pm

Fimo polymer clay necklace & earrings - Sept. 20th, 1 - 3:30pm

Assembling your necklaces & earrings - Sept. 27th, 1 - 3:30pm

Acrylic Fall scene Painting on Canvas - Oct. 4th & 11th, 1 - 3:30pm

Painting with Gallery Glass paint - Oct. 18th, 1 - 3:30pm

Finish off Glass Painting - Oct. 25th 1 - 3:30pm - Each workshop is \$20 members/\$30 non-members

Repair Café

Shauna Rae & Arden McClean have partnered with the Institute for Community Sustainability in London (Reimagine Co) to offer two pop-up Repair Cafes in Thames Centre (Dorchester - Oct. 23rd and Thorndale - Nov. 6th at the Community Centres). Repair cafes are a great way to bring seniors with 'fixing' experience together with youth who may want to learn a skill like sewing or electronics from an 'expert'. It's a great way to keep items out of the landfill (they weigh the things that get fixed as 'proof' of its environmental impact). There is a waiver to be signed when you reserve a spot. If you would like to sign up for this exciting project, contact Karen or Lucinda to put your name on the list.