

News & Views

May & June 2022

Membership Cost: \$25.00 per person

Note: Membership fees for 2022 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

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

Website Address:

*Check out the Senior Centre webpage on the
Thames Centre website at
www.thamescentre.on.ca*

- Point at Live & Play
- Click Senior Centre

Hours of Operation:

Monday – Friday
8:30 a.m. – 4:30 p.m.

Useful Information:

- Handicap parking is located adjacent to the 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

As I'm typing this message, the sun is shining, and it is going up to 15 degrees today... Yay! Flowers are starting to pop up in the garden, the birds are singing, and life is good 😊

There are loads of programs, special events, workshops and drive-thru meals planned for your enjoyment...check out the details in this newsletter. Read all about the Story Catching Project!

We have had great success with the drive-thru meals! Would you like to continue with drive-thrus or return to in-person hot meals?

We are in the process of planning bus trips. It will be great to get back out on the road to see the sights.

Our WOW (over-the-phone programs) include Chair Yoga, Pilates, Meditation Tai Chi/Yoga, BINGO. All of these WOW programs will be free to members, until the end of September, due to a grant the Centre was awarded. We are so fortunate to have received this funding.

Speaking of funding, the Lions Senior Centre received a sizable private donation which will go a long way to covering the costs to renovate and expand our space as part of the FlightExec Centre expansion. Very exciting! The first planning meeting will take place at the beginning of May. If you have input and/or suggestions, please send them along as soon as possible. We have a couple of pages full of excellent suggestions but we are open to more.

Thank you in advance for your contributions and support!

Yours truly,
Karen Gress

For Your Information

Membership Fees

Membership of \$25.00 per person are due for 2022. 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:

Georgina Carroll, Jack Lorimer, Betty Lawson, Pauline Livingstone, Berniece Farquhar, Ken Purdon, Helen Reid, June Rogers, Les Shackleton and Carl Summers. 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 1-866-279-1594
 - 2) Enter the 6-digit PASSCODE then press #
Code for Pilates & BINGO **329268**
Code for Chair Yoga & Meditation Class **524632**
 - 3) Record your name or just stay on the line then press #
- If you have any questions about how to connect, please call Karen or Kayla at 519-268-2025.



Monthly Food & Entertainment Events

Call or email us at the Centre to reserve your meals for the drive-thrus.
Gluten Free, Lactose Free & Sugar Free options available upon request

Roast Beef Drive Thru

Friday, May 13th, 2022

Thorndale Nissouri Manor 10 a.m. – 11 a.m.

Dorchester 2 p.m. – 3 p.m.

Menu: Roast Beef, Mashed Potatoes, Gravy, Vegetables, Salad, Dinner Rolls with Butter, and Homemade Cheesecake for Dessert

Cost: \$15.00



Hamburger BBQ Drive Thru

Friday, June 10th, 2022

Thorndale Nissouri Manor 10 a.m. – 11 a.m.

Dorchester Senior Centre 2 p.m. – 3 p.m.

Menu: BBQ Hamburgers (Optional: fried onions, tomato, ketchup, mustard and relish), Potato Chips, Salads, Big Homemade Chocolate Chip Cookie for Dessert

Cost: \$15.00



Upcoming Story Catching Project

We are looking for folks who would like to share their stories!

If you or someone you know has a story to share, please let us know.

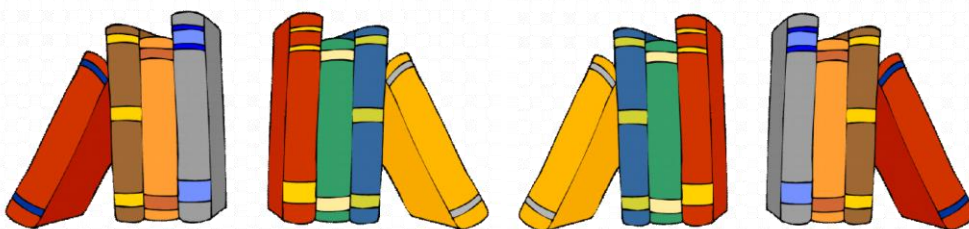
During monthly luncheons in September, October & November, we will share stories with each other and some of these interesting tales will be recorded.

A booklet containing all the individual stories and photographs of each storyteller will be created as well as video recordings etc.

It's an exciting project and we hope you will get involved and share and preserve your history.

For more information call 519-268-2025 or Penny Wearne penny@pennywearne.com

Funded by the Government of Canada's New Horizons for Seniors Program



Word Scramble Answers

Blooming	Sunshine
Tulips	Rain
Cherry Blossom	Outdoors
Nest	Bud
Chick	Raincoat
Kite	Windy

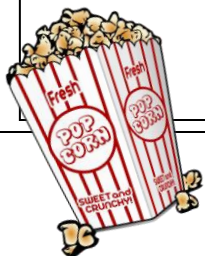
Senior Centre Cinema

Movie Afternoons

\$2.00 (includes popcorn, candy & beverage)

Registration for the movies is required to reserve your spot.

Thank you ☺



MOVIE AFTERNOON

Hello, My Name is Doris

Tuesday, May 24, 2022 @ 2:30 p.m.

Movie Overview:

"Doris is a shy, eccentric 60-something woman, living alone following the death of her mother, whom she lived with for her whole life. On her way back to work, where she has been doing data entry for decades, she meets her new young co-worker John, who she immediately becomes infatuated with. With help from her best friend Roz, and Roz's granddaughter they concoct schemes to get the attention of John."

Stars: Sally Field, Max Greenfield, Tyne Daly, Wendi McLendon-Covey, Stephen Root & Elizabeth Reaser

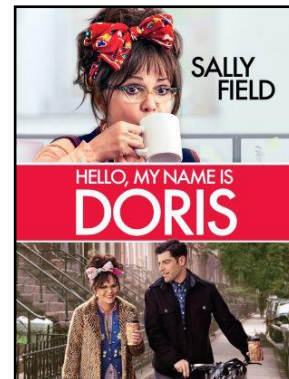
RED – Retired and Extremely Dangerous

Tuesday, June 21, 2022 @ 2:30 p.m.

Movie Overview:

"Frank is retired, bored, and lonely living off his government pension in a nondescript suburb in an equally nondescript house. The only joy in Frank's life is his calls to the government pension processions Centre when he gets to talk to his case worker, Sarah. When something in Frank's past sources him back into his old line of work and puts and unwitting Sarah in the middle of the intrigue, Frank and Sarah begin a journey into his past and the people with whom he used to work with. Like Frank they are all "R.E.D." – Retired Extremely Dangerous."

Stars: Bruce Willis, Helen Mirren, Morgan Freeman and Mary-Louise Parker



Pickleball Lessons

Ron is offering Pickleball lessons in Dorchester & in Thorndale on the outdoor courts. He has 9 years of Pickleball experience with a background in teaching. Ron encourages novices to spend time on warm up drills to learn control. Warm up drills can also help prevent injuries. He also assists experienced players in honing their skills and developing strategy.

Lessons are both for beginners who would like to learn how to play the game and for people who are currently playing but would like to improvement their skills.

Pickleball lessons in Dorchester will take place on Tuesdays and Thursdays 6:00 p.m. - 8:00 p.m. at the outdoor courts.

Pickleball lessons in Thorndale will take place on Tuesdays and Thursdays at 8:30 a.m. - 10:30 a.m. at the outdoor courts.

Lessons can also be provided in Thamesford. Contact him about details in Thamesford.

For more information and/or to sign up, please contact Ron by email myron_silver@outlook.com





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. Free to members. Connect using the over-the-phone teleconferencing program.

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 and Needed! – 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 until the end of May.

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 May 10th. The cost is \$70.00 members/\$80.00 non-members. Pay-as-you-go is \$10.00 members/\$12.00 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 Marrisen. 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 May 3rd and is free to members. We encourage participants to sign up for the entire session. A new session.

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome! Bring a paddle or borrow one and join in the fun while learning new skills.

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. The gang is going to play until May 24th and then take a break until the Fall. Come out and join this fun group and learn to play this enjoyable sport.

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 3rd. Meet at the indoor walking track in the arena. Let's walk on the outdoor track when weather permits (bring your sunglasses). 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



Dorchester Weekly Programs Continued

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 4-week session begins May 4th at a cost of \$25.00 for members & \$35.00 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 4-week session. DrumFit will resume in the Fall!

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. Please wear comfortable clothing. This 8-week course begins May 4th 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.

GUITAR LESSONS – 11:15 noon – 12:15 p.m. Every Wednesday, learn to play the guitar with “Guitar Buddy”. This 4 week-session begins May 4th at a cost of \$24.00 members/\$34.00 non-members. Bring your own guitar or borrow one from the instructor: Diana Schiedel. Guitar Lessons will resume in the Fall!

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. We'll be playing indoors at the arena auditorium every Wednesday afternoon until the end of May. The cost is \$2.00 for members and \$4.00 for non-members.

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.

CBT (Cognitive Behavioral Therapy) with Irene McLeod

Challenge your thinking

Life enjoyment & great discussions

Improve mood, self-image and relations with others

A new session will begin in the Fall

Call 519-268-2025 or email kgress@thamescentre.on.ca
to register for a pre-session interview.

Free to members

Facilitator: Irene Chomyn Mcleod

Irene has worked for more than 20 years facilitating
groups and workshops in a social service setting.

The fitness trainer asked me, “What kind
of a squat are you accustomed to doing?”
I said, “Diddly.”



Dorchester Lions Senior Centre

Thursday Nights

7:00 p.m. — 10:00 p.m.

\$4.00 to play

Prizes to be won!



Dorchester Weekly Programs Continued

THURSDAY

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 \$20.00 for members & \$30.00 for non-members and begins April 28th. Pay-as-you-go \$4.00 for members and \$6.00 for non-members. If you would like some extra assistance, learning the basic steps, come at 8:30 a.m. and then stay for the 9 a.m. class to try out the steps you've learnt.

CHAIR YOGA – 10:15 a.m. – 11:15 a.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 session begins May 5th.

WOW GENTLE PILATES – 10:30 a.m. – 11:30 a.m. Thursday classes will be held over-the-phone with instructor: Laura Lea Devine. A new 8-week session begins May 5th. Free for members.

PICKLEBALL – 12:00 p.m. – 2:00 p.m. in the gym. New players welcome but registration required. Bring a paddle or borrow one and join in on some fun games of Pickleball while learning some new skills.

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 – 10:30 a.m. – 11:30 a.m. Join this fun dancing exercise class with instructor Ellen Johnson in the Arena Auditorium. A new 8-week session begins May 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.

Zoom Kite Flyers – There is no kite flying in the gym yet but the group is getting together over zoom every Friday around noon to chat and have lunch together in the comfort of your own home.

COFFEE HOUR – Starting at 2:00 p.m. at the Senior Centre. Enjoy a hot cup of coffee and good conversation with others.

An acquaintance of mine who is a physician told this story about her then 4-year-old daughter.

On the way to preschool, the doctor had left her stethoscope on the car seat, and her little girl picked it up and began playing with it.

"Be still, my heart," thought my friend, "my daughter wants to follow in my footsteps!"

Then the child spoke into the instrument: "Welcome to McDonald's. May I take your order?"



Now serving
coffee & conversation

Every Friday at the Senior Centre
2 p.m.—3 p.m.



\$1.00/person
(bottomless cup)

Thorndale Weekly Programs

MONDAY

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

TUESDAY

KURLING – 10:00 a.m. – 12 noon 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 until the end of May.

EUCHRE – 1:00 p.m. – 3:00 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. – 10:00 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 April 27th.

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

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

THURSDAY

DRUMFIT – WILL BE BACK IN THE FALL!

GUITAR LESSONS – WILL BE BACK IN THE FALL!

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 session begins May 5th.

MAT YOGA – 12:45 p.m. – 1:35 p.m. Join certified instructor, Jodi Marissen, 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 May 5th at a cost of \$40.00 for members and \$50.00 for non-members or pay-as-you-go is \$7.00 for members and \$9.00 for non-members.

SHUFFLEBOARD – 1:00 p.m. – 2:50 p.m. Indoors at the Community Centre Gym every Thursday afternoon beginning April 28th until the end of May. The cost is \$2.00 for members and \$4.00 for non-members.

ACRYLIC & WATERCOLOURS PAINTING LESSONS - 1 p.m. – 3 p.m. in Meeting Room #1 with instructor: Susan Hewitt Graham. Topic is sunrises and sunsets. 3-week session (May 5th, 12th & 26th). \$70.00 members/\$80.00 non-members. All supplies provided. Please register in advance by calling 519-268-2025.

Monthly Programs & Workshops

Crafting Group

The cost to participate is \$10.00 and all supplies are provided.

May 19th at 2:00 p.m. We will be making DIY Bird Feeders.
Please sign up for this workshop by May 9th. ***This craft will be in Creative Art Studio (above the arena ice pad).***



Join Brianna, our co-op student to make Rock Picture Holders on June 15th at 9:30 a.m. ***in the Senior Centre.***
Please sign up for this workshop by June 6th.



Book Club

Using the Middlesex Libraries Book Club Bags we can choose from many different types of books. Each month we meet in person/over the phone to discuss the previous month's book club pick.

If you are interested, contact Kayla at (519) 268-2025 or kaelliott@thamescentre.on.ca

Meeting dates: May 31st at 2 p.m.

This will be our last book club meeting until the Fall!

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

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.

Dorchester Horticultural Society

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!

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.
\$3.00 per person
Dorchester Arena –
South Ice Pad
Ends May 26th

Dorchester Indoor Kite Flying

Every Friday via Zoom
12:00 p.m.
For more information, contact
Penny Wearne:
penny@pennywearne.com or
519-268-3306

DONNYBROOK 433 SENIORS

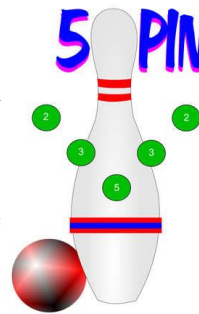
Euchre is every Thursday.
\$2.00 per person to play
Please bring correct change.
For further information about this
program and their events, call
President Sandy McNiff 202-0215

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.

Dorchester Bowling League - Five Pin Bowling

The Dorchester Seniors Bowling League will
be starting up in September, at the
Fairmont Bowling Alleys. The gang has been
bowling for fun and will be continuing until
May 2nd. If you'd like to join in to try it out
before the fall or you'd like to register for the
fall league, contact Norman Stewart at
519-439-4183 for more information.



Women's Drumming Circle

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



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. Call for info on Zoom classes.

Thorndale Community Centre - Tuesdays & Thursdays 9-10am – on hold for now.

Dorchester Arena gym – Mondays, Wednesdays & Fridays 9-10am – on hold for now

Blood Pressure Clinics: Monitor your blood pressure at our free community clinics. Dorchester Shoppers Drug Mart – every Thursday 9am-12pm, Thorndale Library – 1st & 3rd Tuesdays of each month, 2-4:30pm
Many programs on hold for the time being. Please call if you have questions.

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

Recipe from the Centre's Kitchen

Blueberry Buckle Coffee Cake

12 servings

Ingredients

Cake

- 2 cups all-purpose flour
- $\frac{3}{4}$ cup sugar
- 2 $\frac{1}{2}$ tsp baking powder
- $\frac{3}{4}$ tsp salt
- $\frac{1}{4}$ cup butter softened
- $\frac{3}{4}$ cup milk
- 1 large egg
- 2 cups fresh blueberries washed with any stems removed

Crumb Topping

- $\frac{1}{2}$ cup sugar
- $\frac{1}{3}$ cup all-purpose flour
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{4}$ cup butter cold

Instructions

1. Preheat oven to 375 degrees and grease your baking pan
2. Blend flour, sugar, baking powder, salt, butter, milk, and egg and beat for 1 minutes. (You can use a stand mixer or hand mixer)
3. Carefully stir in the blueberries (this needs to be done by hand with a wooden spoon or spatula)
4. Spread the batter into the 8x8 pan and sprinkle with crumb topping
5. Bake 45 – 50 minutes or until a wooden toothpick inserted into the center comes out clean.

Crumb Topping

1. In a medium sized mixing bowl add the sugar, flour, cinnamon, and butter
2. Mix the mixture together until it becomes "crumb like". You can use pastry dough blender or just your hands. Sprinkle it on top of the cake batter before baking.



Technology Clinic with Dan Parker

Free to members

Tuesday, May 31, 2022 10 a.m. – 11 a.m.

Get mobile tech help!

Having issues with your smart phone, iPad or other tablets?

Come out for this 1-hour drop-in session at

Thorndale Community Centre in Room #1

iPad lessons also available via Zoom on Tuesdays at 7:30 p.m.

Register for this clinic & iPad lessons by calling 519-268-2025 or email kgress@thamescentre.on.ca

For Your Entertainment

WORD SCRAMBLE

molngibo _____

slptiu _____

ryhcre ombsbo _____

sent _____

hckci _____

tiek _____

neusnsih _____

ainr _____

odruotos _____

udb _____

onrtacai _____

ynidw _____

Find the answers to the word scramble on the page with the drive thru meals!

1			4	8	9			6
7	3						4	
					1	2	9	5
		7	1	2		6		
5			7		3			8
		6		9	5	7		
9	1	4	6					
	2						3	7
8			5	1	2			4

	7					8	2	
9	8				7		6	
		1	4	9		3		
2		9	5	3				1
	3		8		9		4	
5				7	4	6		3
		4		8	2	9		
	9		1				7	5
	6	7					3	



Painting Afternoon



We will be following along with Jesse Robertson's Virtual painting tutorial video to create the Sunflower Painting above.

Monday, June 13, 2022

At 12:30 p.m. in the Creative Art Studio

\$25.00 per person

All supplies will be provided.

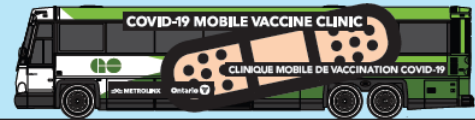
Bring some snacks and a drink with you!

Call 519-268-2025 or email Kayla at kaelliott@thamescentre.on.ca

Ontario

Hop on the GO-VAXX bus for your COVID-19 vaccine

1st, 2nd, boosters and paediatric
Pfizer vaccines available



WHEN:

Wednesday, May 18, 2022
10:00am - 4:00pm

WHERE:

FlightExec Centre
2066 Dorchester Road, Dorchester, ON

Individuals can book an appointment up to 4-days in advance,
as of 8:00am on May 14, by visiting www.covid-19.ontario.ca/book-vaccine
or by calling the Province Vaccine Contact Centre at 1-833-943-3900.

Summer Romance

Social and Dance

Enjoy an afternoon of music, socializing and dancing!!

When: Thursday, June 23rd, 2022

Time: 2 p.m.— 4 p.m.

Price: \$5.00 per person

Live Musical Entertainment: Jeremy & Gord

Menu

- Strawberry Sundaes (fresh Heeman's strawberries, French vanilla ice cream, chocolate sauce and whipped cream)
- Bag of chips
- Tea, Coffee & Punch

Call 519-268-2025 or email kgress@thamescentre.on.ca to reserve your table. There will be tables for 2, 4, 6 etc.



Garage Sale

Saturday, June 18, 2022

9:00 a.m.—1:00 p.m.

FlightExec Centre, 2066 Dorchester Road, Dorchester ON

(inside arena auditorium & outside in the parking lot)

Gently used items, books & puzzles, jewelry, plants, crafts and much!

B.B.Q. Hamburgers, Hot Dogs and Cold Drinks

Vendors Welcome (tables—\$10.00)

Call 519-268-2025 or email kgress@thamescentre.on.ca for more info.

Donations of gently used items gratefully accepted.



**WE NEED YOUR
TREASURES!**



*Proceeds go to the
Lions Senior Centre*