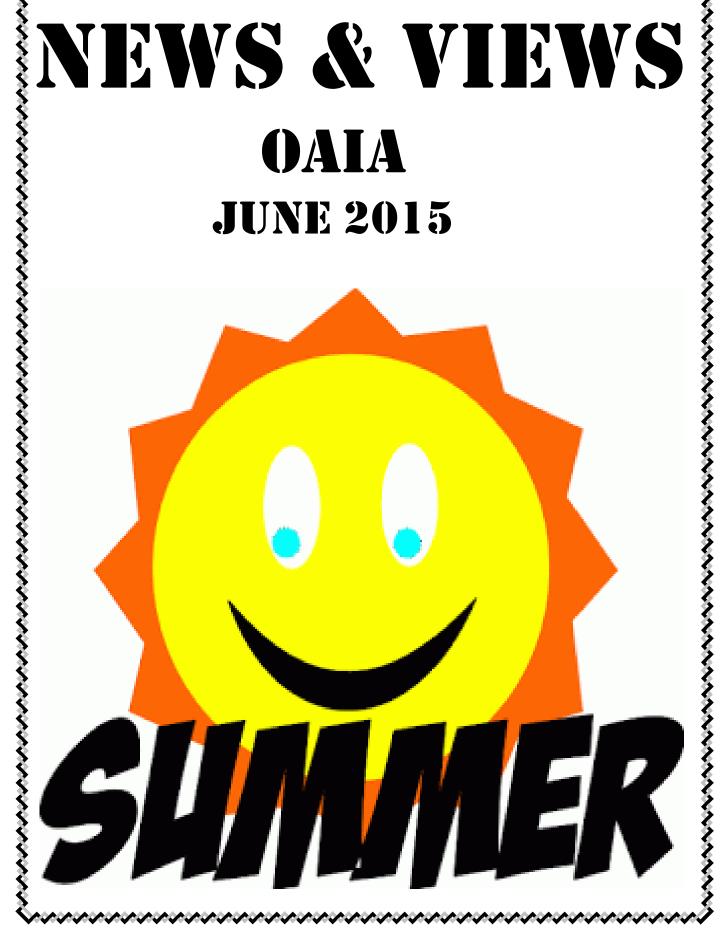
EWS & VIEWS **OAIA JUNE 2015**



Markham Seniors Activity Centre -22 Water Street, Markham. ON L3P 7P9 Phone: 905- 294- 5111

The News & Views is published nine times annually.

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Vice President

Mike Huffman

Publisher

Janet Benn

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Assistant Treasurer

Shirley Eison

Secretary

Audrey Hillis

Membership Director

Marjorie Nielsen

Directors

Doug Clarke

Mark Barrett

Helena Miscampbell

Ellie Mosher

Joanne Price

Helga Brown

Membership

New members can join in July Starting July 2nd and their membership Will extend until August 31st 2016

No Renewals until September 8th 9 am. Renewals will continue until Sept. 18th
The renewal desk will be open from 9 am -3:30 pm each day.
The membership fee is \$30.00 again this year.

If you can volunteer your time to help with the renewals please contact me marjnielsen@rogers.com or 905-472-6848

I would also like to thank you for again putting Your trust in me as your membership director. Thank you, Marjorie



President's Report

....Peter Cannon

ello everyone,

We were blessed with beautiful weather for the Victoria Day week end. I hope you were able to get outside with family and friends to enjoy it.

Our election for new Board members is now over.
Congratulations are in order for Shirley Eison as
Assistant Treasurer and Doug Clarke, Mark Barrett and
Helena Miscampbell as Directors. Thanks to outgoing
members of the Board, Ken Budarick, Howard Elson and
Margaret Hawryluk for their service to the club.



It was disappointing that so few club members were willing to be candidates for election. New blood, with new fresh ideas and energy are essential for the well-being of our group as a whole. Not having any competition for several positions and not having anyone for the Treasurer position is really sad.

We still do not have a person to take on the role of publisher of News and Views, several names have been mentioned but so far no one has accepted the job. I am willing to help the new person myself and Janet Benn, our present publisher is willing to take time to help familiarize the new person with the job. Please give your name to the front desk if you are interested.

We are having our Annual Picnic on June 22nd, I hope to see lots of you there enjoying outdoor pursuits and games, together with food and beverages. If weather does not co-operate we shall move indoors and enjoy ourselves anyway.

Please be kind to other club members. Remember that a smile costs you nothing and can make someone else feel good, the return smile is also rewarding.

Enjoy your club, wear your badges and thank the convenors for their hard work, offer to help with set-up or clean-up, it only take a few moments and will be appreciated.

THE ONTARIO MINISTRY OF CITIZENSHIP, IMMIGRATION AND INTERNATIONAL TRADE

SENIOR ACHIEVEMENT AWARDS Deadline – June 15, 2015

Do you know an outstanding senior (over 65) who has made significant contributions to their community? The outstanding voluntary or professional achievement may be in any field of endeavour. Each year, up to 20 individuals are selected to receive this award. The awards will be presented in the Fall at a special ceremony held in the Lieutenant Governor's Suite at Queen's Park.

Your nominee must

Be a resident of Ontario

Be a living person

Has made a significant contribution to his/her community after the age of 65.

Self- nominations will not be accepted as well as political appointees, unless the achievements for which they are being nominated are unrelated to their political affiliations.

We have a supply of nomination forms for your convenience which may be picked up at the front desk of the Markham Seniors Activity Centre between 9:30 a.m. and 3:30 p.m. between Monday and Friday.

O.A.I.A.

Audrey Hillis Secretary

For all Pickleball players...

The first annual US open tournament Pickleball Championship will be held in Naples, Florida in April 2016 if any members are interested in attending. The Canadian National in Waterloo is also on the schedule. There is further information at pickleballtournaments.com

...submitted by Brian Weller

TRAVEL DESK NEWS FOR JUNE 2015

The Travel Desk will be closed from Monday July 13th to Monday September 7th 2015. Our Travel Desk volunteers also need a well deserved break. Sign up early, so you will not be disappointed.

<u>Port Perry, Parkwood Estate, Archibald Winery and White Feather Farms and Market,</u> Wednesday June 17th

Guided tours of Parkwood Estate and Gardens in Oshawa. **Lunch on your own in Port Perry**. Lots of extra shopping time. Wine tasting and tour of Archibald Orchard and Estate Winery. Stop at White Feather Farms and Market where you can pick up fresh baked goods, crafts, and frozen goodies, on the way back to Markham.

COST: \$54.00 NM \$59.00. Seats still available. Please book by June 1st.

Grand River Lunch and Cruise, West of Caledonia – Wednesday, July 8th.

Upon arrival we will be served complimentary coffee and muffins and see a short presentation about the cruise. We will be entertained by the The Blazing Fiddles. Three course roast beef lunch will be served while cruising on the Grand River. A one hour Six Nations guided tour and Native craft shop is also included. Cost: \$84.00 NM \$89.00. **Sold Out.**

Sweet Charity at Shaw Festival Theatre, Niagara On The Lake, Tuesday September 15th.

First stop at Magnotta Winery for some tasting and shopping. In Niagara On The Lake, lunch is at the Pillar and Post. Reserved matinee gold seating for Sweet Charity. A stage production which takes place in 1960's New York setting, enjoying music and dance such as Big Spender, and If My Friends Could See Me Now. COST: \$142.00 NM \$147.00 **Sold Out.**

Credit Valley Fall Colours Train Ride, Wednesday, October 14th.

Depart Markham Seniors Centre at 8 a.m. Tour the Mississauga Bad Lands and Hockley Valley. Board the Credit Valley Explorer Scenic train and enjoy the fall colours and delicious chicken lunch. After our train tour we will visit the Orangeville Tree and Wood Carvings. On the way home we will stop for a coffee break. **Seats available**.

Cost: \$98.00 NM \$103.00, please book before Monday, September 21st.

<u>Irving Berlin's White Christmas Live Show at Dunfield Theatre in Cambridge, followed by dinner at Country Boy family restaurant.</u>

Leave Markham Seniors Centre at 10:30 a.m. Stopping for coffee or lunch, on your own, around Noon. The Irving Berlin's White Christmas matinee starts at 2 p.m. with orchestra seating at the new Dunfield Theatre. Followed by dinner at the famous Country Boy Family restaurant in Kitchener. After dinner we will tour Waterloo's Wonder of Winter Christmas Lights. Approximate arrival back to Markham about 9:30 p.m. **Seats available.**

Cost: \$98.00 NM \$103.00.

If you are not well, call me as soon as possible and I will try to get someone to take your place, if we have a wait list. No Refunds. When paying cash, you must have the exact amount, we cannot make change. Cheques are made out to **O.A.I.A**. dated the day you are booking. Look forward to seeing you on our next trip.

...Helena Miscampbell, Travel Convenor

Italian Wedding Soup with meatballs and Spinach. 10 to 12 servings.

There are many variations of "Italian Wedding Soup", but the main ingredients are meatballs, greens, broth and pasta. While the name indicates that the soup may be served at an Italian wedding, it's actually a mistranslation of minestra mariata, which refers to the fact that the flavours of green vegetables and meat go together, or "marry", well.

For the soup you need: 2 Tbsp. olive oil, 1 c. onion, minced., 1c. carrots, diced. 3/4 c. celery, diced. 10 c. chicken stock. 1/2 c. dry white wine. 1 c.orzo pasta. 1/4 c. fresh dill, chopped finely. 12 oz. baby spinach (frozen or fresh).

Heat olive oil over medium-low heat in large saucepan. Add onions, carrots and celery and saute until softened, stirring occasionally. Add chicken stock, and wine and bring to a boil. Simmer for 2 minutes and then add pasta and cook a further 6 minutes or until the pasta is tender. Add dill. Set aside and keep warm.

For the meatballs you need: 3/4 lb. ground chicken. 1/2 lb. sausage (chicken). 2/3 c. fresh white bread crumbs. 2 cloves garlic, minced.

3 Tbsp. chopped parsley. 1/4 c. freshly grated Romano cheese. 1/4 c. freshly grated Parmesan cheese. 3 Tbsp. whole milk, 1 large egg, lightly beaten. 1 tsp. salt. 1/2 tsp. pepper.

Preheat oven to 350 degrees F. In a large bowl, mix together ground chicken, sausage, bread, garlic, parsley, both cheeses, milk, egg, salt and pepper. Form 1 inch meat balls with your hands (about 40 meat balls) and bake on baking sheet for about 30 minutes.

Add the meat balls to the soup and stir in the spinach (chopped slightly) and cook for 1 minute until the spinach is just wilted. Ladle into soup bowls and sprinkle each serving with extra Parmesan cheese and chopped parsley if you wish.

...Susan Holland

THE WEDNESDAY AFTERNOON GROUP would like to wish everyone a safe and happy Summer.

We have been treated already to a few good days so may they continue.

I would like to thank Hugh for his generous donation of yarn. We will certainly put it to good use.

Also we would like to thank an anonymous donor for their contribution in April. We will be here during the Summer so if you need anything just drop by to see us, even just to say hello.

Again enjoy your Summer and we will see you in the Fall.

Joyce Bulgin-Convenor

From the Mah-Jong Tables for June 2015

It is hard to believe that summer is finally here to enjoy nicer weather, some of our players will be off to the cottage and the regular ones stay behind and enjoy Mah-Jong here at the OAIA.

We will be enjoying "Try It On" previously known as "Activefest", being held on Thursday, May 28^{th,} a day of game skill and luncheon put on by the Town of Markham. Muriel Thompson will be the convener again this year, thank-you Muriel.

Hopefully, every member exercised their right to vote in the new Board members, it is important to support YOUR club.

There will be NO Newsletters July and August and will resume September 1^{st.}
Please remember to wear your badges, there are still new people joining the Club and they would like to know to **whom** they are speaking.

<u>Top Scores for Mondays:</u> April 13th was Anita with 1152; April 20th was Mary with 1028; April 27th was Rosemary with 1812; May 4th was Mary with 982; May 11th was Mary with 690. Any further scores will be in the September Newsletter.

<u>Top Scores for Tuesdays</u>: April 14th was Jeanne with 2712, honourable mention is Elizabeth M. with 2342; April 21st was Ellie with 27,504; honourable mention are Susan H. with 3758 & Joan T. with 3466; April 28th was Ellie M. with 30,930; honourable mention are Eileen K. with 15,346 & Winnie L. with 1898; May 5th is Ellie M. with 17,528; honourable mention is Lorraine D. with 2962; May 12th was Zorena with 3104. Congratulations everyone.

<u>Special Notice:</u> We will continue to **teach beginners The Asian version** of Mah-Jong on **Mondays only at 1:30** pm till 4:30 pm.

We will also continue to **teach The National Mah-Jong** on **Tuesdays only at 1:00** to 4:30 pm.

However: During July and August there will be NO TEACHING Mah-Jong, as our volunteers need some time off. We will resume the beginning of September. Any questions, you can contact Marcia Paci at 905-472-1271.



....Marcia Paci Convenor



At Current Events

beginning on the 3rd June (1pm to 3pm) in the Auditorium there will be a seminar on the

"Art of Verbal Presentation"

Here is an opportunity to

enhance your presentation skills * please feel welcome to attend *





Fri. 26th

Wed. 29th

BINGO June 2015

 Wed. 3rd
 7:00 pm

 Wed. 10th
 7:00 pm

 Wed. 17th
 7:00 pm

 Wed. 24th
 7:00 pm

July 2015

1:00 pm

7:00 pm

 Wed. 8th
 7:00 pm

 Wed. 15th
 7:00 pm

 Wed. 22nd
 7:00 pm

August 2015

 Wed. 5th
 7:00 pm

 Wed. 12th
 7:00 pm

 Wed. 19th
 7:00 pm

 Wed. 26th
 7:00 pm

...Surinder Singh Convenor



Lunch Learn Linger June 2015

Monday, June 1st 11:45-12:45 Ricky Kwan- launch of pickup and home delivery for all your dentist needs & care of your teeth.

Monday, June 8th 11:45-12:45
Doug Clarke and friends— Music and member participation
Monday, June 15th 11:45-12:45
Come out and make a bookmark

Cost \$3.00 to cover expenses Monday, June 22nd 11:00 am

for yourself or a friend.

O.A.I.A. ANNUAL PICNIC Come out have a hamburger with all the fixings and play some

games win some prizes.

Monday, June 29th 11:45-12:45

Our own band the Melody Makers

This is the last Lunch Learn Linger until September 14^{th.} Jack Garson will be with us then Cost will be \$3.00.

Lunch Learn Linger September

Monday, Sept. 7th Closed Labour Day Monday, Sept. 14th 11:45-12:45

Jack Garson- music, comedy and member participation. Cost: \$3.00

Monday, Sept. 21st 11:45-12:45

"The Fedoras" Great music duo. Cost \$3.00

Monday, Sept. 28th 11:45-12:45

Our own Melody Makers are back. Come out and enjoy!

Come out and enjoy your club. September all month is music. If you have any suggestions for Lunch Learn Linger please let me know. 905-472-6848 or

marinielsen@rogers.com

Marjorie Nielsen, Convenor

DON'T FORGET YOUR TICKET
AND NAME BADGE

WELCOME ALL O.A.I.A MEMBERS



ANNUA PIGNIC

MONDAY, JUNE 22, 2015

DOORS OPEN AT 10:30 A.M.

LUNCH FROM 11:00 A.M.-1:00 P.M.

GAMES FROM 1:30 P.M.-3:30 P.M.

A LIMITED NUMBER OF TICKETS WILL BE AVAILABLE
AT THE FRONT DESK FROM JUNE 8TH. SO PLEASE GET
YOURS EARLY. ONE TICKET PER PERSON
(SPOUSAL EXCEPTION)

FREE

HAMBURGERS, HOT DOGS, ICE CREAM AND ASSORTED COLD BEVERAGES











Our full schedule of older adult (+55) drop in programs at Cornell will be available for the summer session (July and August). The fee for these programs is \$4.00 for instructor-lead programs and \$2.60 for non instructor-lead programs such as table tennis. A schedule of these classes is available at the Water Street front desk.

OAIA members, remember that older adults (+65) have access to our regular adult drop in programs at Centennial and Cornell Community Centres. A copy of those schedules are also available at the Water Street front desk.

It's our **3rd** annual **Connie Cheung Memorial Golf Tournament** to benefit The Canadian Cancer Society

Sunday, June 28, 2015 at

The Maples of Ballantrae,

9-hole Executive Course

No golf experience necessary!

\$50.00 covers golf fee and Cancer Society donation

Lunch and prizes following at Kelsey's, Markham Road and 14th Avenue

Please call Carol Manning Community Program Supervisor The City of Markham at 905 477-7000 ext. 4344 or

cmanning@markham.ca for more information.

Carol Mannning

Community Program Supervisor, Markham East

The City of Markham

8600 McCowan Road

Markham, Ontario

L3P 3M2

905 477-7000 ext. 4344

I mobile 647 300-0397



Casino Rama

Bulletin 01-051915

To date we have one person signed up for the June 11th trip to Casino Rama. Please book early, before June 4th (I am required to advise the Transportation company on this date). We do not want to cancel the trip because we are waiting to reach the objective of 40 participants. It has hap-



pened in the past where we had people who were wanting to go but were wanting to reach the objective which we may have achieved it they booked. Remember if the club cancels you get a refund or booking for a future date so there is no jeopardy to you.

Bulletin 02-051915

Walter Doyle resigned as the convenor for the Rama tour in February of this year, but has stayed on until the club could find a replacement convenor could be found. Effective, June 11th Walter will no longer perform the role as convenor. The impact will be that the July and any future trips will be cancelled until a convenor is found.

Thanks. Walter Doyle

Newsletter Update

Since no one has volunteered to publish the newsletter I have agreed to continue as publisher for one more year. It would be very sad to not have a newsletter as so many of the members look forward to receiving it each month.

In the meantime if anyone is interested in volunteering as publisher I would be available to guide them through the process.

Our Club is developing a Web site and by September all members will be able to access a copy of the newsletter rather than it being emailed to members. When the Website is up and running you will be advised how to access it. We will also keep a supply of paper copies at the club for members who do not have computers.

A reminder again that all submissions must be received by me at newsandviewsmarkham@gmail.com — by the 20th of the month prior to publication. Reminders will no longer be sent as it is up to you to submit it on time. If submissions are not received by the 20th they will not be included in that months newsletter.

....Janet Benn Publisher

BAZAAR NOTICE - OCTOBER 31ST,2015

JUST A REMINDER THAT THERE WILL BE A BAZAAR THIS YEAR (DATE ABOVE) AND WHAT THE BAZAAR COMMITTEE WOULD AP-PRECIATE FOR DONATIONS: BAZAAR IS ONE MONTH EARLIER THIS YEAR.

SILENT AUCTION: - NEW AND IN ORIGINAL PACKAGING.

WHITE ELEPHANT: GENTLY USED ITEMS IN GOOD CONDITION.
NO CLOTHING, TOYS, TUPPERWARE, COFFEE MUGS, TRAVEL
MUGS, FURNITURE, TV'S OR COMPUTER EQUIPMENT AND GOLF
CARTS.

JEWELLERY:

GOOD TIME TO RECYCLE YOUR BEADS, BROACHES AND BRACE-LETS, EARRINGS, BELTS, SCARFS AND PURSES.

BAKE TABLE: - SQUARES, PIES, TARTS, CAKES, MUFFINS, ETC. ALSO - REMEMBER US WHEN MAKING PRESERVES, JAMS, JELLIES, PICK- LES AND RELISH, ETC.

<u>BOOKS:</u> BOTH HARD AND SOFT COVERED. NO LANGUAGE BOOKS, ENCYCLOPEDIAS, READERS'S DIGESTS, INSTRUCTION MANUALS, NATIONAL GEOGRAPHIC.

WE ARE MOST APPRECIATIVE OF ANY CONTRIBUTIONS YOU MAKE.

<u>PLEASE NOTE</u> – WE WILL NOT BE ABLE TO ACCEPT ANY WHITE EL-EPHANT ITEMS UNTIL SEPT.28TH AND BOOKS UNTIL OCT. 13TH DUE TO LACK OF STORAGE SPACE.

ITEMS AT THESE TIMES CAN BE LEFT AT INFORMATION DESK.

- IMPORTANT BAKE TABLE DONATIONS ACCEPTED ON FRIDAY
 OCT. 30.
- WHITE ELEPHANT, JEWELLERY AND BOOKS ACCEPTED <u>ONLY</u>
 UNTIL THURS. OCTOBER 29TH.

....MARJORIE NIELSEN AND BEVERLEY BUDARICK, CONVENORS





the home medical equipment specialists

Markham

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RITA AND JEAN-LOUIS LAMARCHE, AT CHARTWELL SINCE 2012.

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CHARTWELL.COM





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Conditions may apply



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ALL INCLUSIVE SUITES \$3092.00 STARTING AS LOW AS

Why is Stouffville Creek Retirement Residence the home of choice?

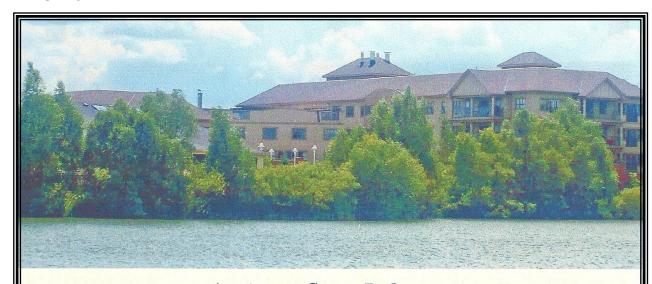
Residents and family members agree that you will feel the warmth and positive energy the minute you walk through our doors. Come and experience it for yourself.

CALL US TODAY TO BOOK A PERSONAL TOUR AND STAY FOR A COMPLIMENTARY LUNCH.

EXCEPTIONAL SERVICES & AMENITIES

- ♦ Elegantly Appointed Studios, 1 & 2 Bedroom Suites with Kitchenettes
- ♦ Retirement Living & Additional Care Packages
- Meals Freshly Prepared by our Executive Chef
- ♦ Weekly Housekeeping and Linen Services
- Beautiful Amenities including Library, Media Room, Fitness Centre
- ♦ 24 hour Health Care Supervision
- Social and Recreational Programs





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When daily living activities such as bathing or dressing take a little more energy or agility than you once had, or if you and your loved ones would enjoy life a little easier knowing there's a helping hand just outside your door, then it's time to consider the VITALIS™ way of life.

Our luxurious VITALIS™ suites, with all-inclusive monthly fee, include up to 90-minutes a day of dedicated personal support services, 3 delicious, nutritious meals served daily, on fine china and fresh table linens. Daily housekeeping, laundry, plus the use of all the services and amenities. Call today.

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www.amica.ca



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donna.achtem@gmail.com

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You're invited!

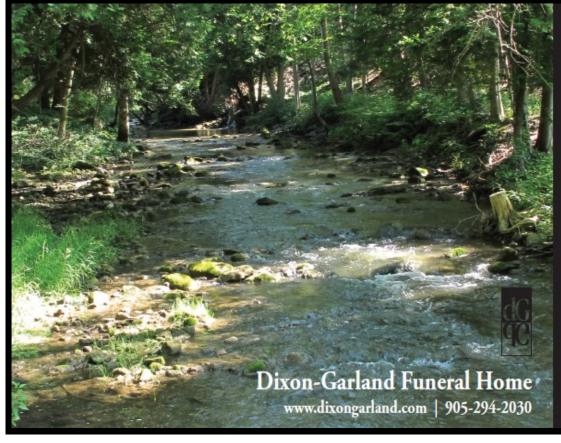
Join me on June 27th 12pm - 2pm for BBQ, Ice cream & Entertainment



<u>Location:</u>
Markham District Vets Hall
7 Washington St.

Rea Ward 4 Councillor Tel. (905) 479-7751

To keep informed on Markham and Ward 4 issues, visit www.karenrea.ca or email: krea@markham.ca



exempt from
public haunt,
Finds tongues
in trees,
books in the
running brooks,
Sermons in stones,
and good in
everything.

And this our life,

~ Shakespeare ~

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Helping Markham Seniors maintain and improve their homes and independence for the past 20 years.

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(references are available)



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www.drtomfungclinic.ca



City of Markham

tel: fax: 905-479-7750 905-475-4702

WARD 5 Councillor Colin Campbell

Please contact me with your WARD 5 input, comments, concerns,

Let us know if you would like to receive updates, news releases and upcoming events



ccampbell@markham.ca

SENIOR'S RATES: \$20.00 on Wed. and Thurs. only

0.A.I.A.

ACTIVITY LIST

2014 - 2015

DAY		<u>TIME</u>	<u>COST</u>	ROOM	CONVENOR
	Beginner Bridge	9:30 a.m noon		Carlot and	Frank Smart
	Line Dancing	9:30 a.m 10:30 a.m.	Cancelled in July and August	Auditorium	Ina Bowie
	Bid Euchre	6:45 p.m 10:00 p.m.			Audrey Hillis
	H.E.L.P.	1:15 p.m 2:15 p.m.	Cancelled in July & August	Auditorium	Margaret Morton
July 6*	Latin & Traditional Line Dance		6 classes - \$30.00		Merla Sulit
	Lunch, Linger, Learn	11:45 a.m 12:45 p.m.	Cancelled in July & August	Auditorium	Marjorie Nielsen
	Mah Jongg	1:30 p.m 4:30 p.m.	\$0.50	Craft	Marcia Paci
	Snooker	9:00 a.m 10:00 p.m.	\$0.50	Snooker	Bob Inkster
	Table Tennis	1:30 p.m 4:00 p.m.	\$0.50	East	Alex Chan
	Yoga	7:30p.m 8:30 p.m.	ends July 6 for the summer	Auditorium	Wendy Wise
	Watercolours	10:00 a.m noon	Cancelled in July and August	West	Vita Keeling
Tuesday	Valoroolouio				
	Baseball	9:30 a.m		Various	Doug Dey
July 14*	Cribbage	1:00 p.m 4:00 p.m.	\$0.50	East	Joy Henderson
	Exercise	9:05 a.m 10:05 a.m.	to August 18	Auditorium	Nancy Campbell
	Exercise	10:15 a.m 11:15 a.m.	Cancelled in July and August	Auditorium	
	Mah Jongg	1:00 p.m 4:00 p.m.			Marcia Paci
	Pickle Ball	7:00 p.m 9:00 p.m.			Cha Pin Lee
	Snooker	9:00 a.m 10:00 p.m.		Snooker	Bob Inkster
20000000	Water Colours	10:00 a.m noon	Cancelled in July and August		Vita Keeling
	Water Colours	2:00 p.m 4:00 p.m.	Cancelled in July and August	West	Vita Keeling
	Yoga	11:30 a.m 12:30 p.m.	may continue to Aug. 18	Auditorium	Gerry Milligan
	Zumba Gold	1:30 p.m 2:30 p.m.	July & Aug. \$3.00 per class	Auditorium	Nancy Brown
	Zumba Gold	1.00 p.m. 2.00 p.m.	Cancelled in July and August		Denise Leadbette
Wednesday	Zumba Goid		Gariotiida iii saily and riigas		
	Applia Painting (baginner)	10:00 a.m noon	Cancelled in July and August	East	Vita Keeling
	Acrylic Painting (beginner) Badminton	9:00 a.m 11:00 a.m.		Auditorium	Lewis Roberts
	Band Practice	10:00 a.m 12:00 noon		West	Stratton Holland
	Book Club (1st Wed.)	10:00 a.m noon			Karen Ridgley
	Current Events	1:00 p.m 3 p.m.	Cancelled in August	Auditorium	Jack Deitrich
		7:00 p.m 9:30 p.m.	\$.50 & \$2.00 per set	Auditorium	Surinder Singh
	Dabber Bingo	1:00 p.m 3:30 p.m.	\$1.10		George Manak
	Euchre H.E.L.P.	11:00 a.m noon	8 classes - \$24.00	Craft	Margaret Morton
July 8*		1:00 p.m 3:30 p.m.		Craft	Joyce Bulgin
July 8*	Knitting	9:30 a.m 10:30 a.m.	to August 5th.	Craft	Lyn Bryan
	Osteoporosis	7:00 p.m 9:00 p.m.		Craft	Hugh Roblin
	Social Bridge	9:00 a.m 10:00 p.m.		Snooker	Bob Inkster
	Snooker	11:15 a.m 12:15 p.m.	July & Aug. \$3.00 per class	Auditorium	Audrey Hillis
uly 8*	Tai Chi	1:30 p.m 3:30 p.m.	\$0.50	Cornell	Joe Signorello
Theresis	Volleyball	1.50 p.m 5.50 p.m.	40.00		
Thursday	D L. II	9:00 a.m.		Various	Doug Dey
	Baseball		\$0.50		Joan Gomes
	Canasta	1:00 p.m 4:00 p.m.	\$5.00		Walter Doyle
	Casino Rama (2nd Thur)	9:00 a.m 5:00 p.m.	\$0.50		Les Miscampbel
	Chess	10:00 a.m noon		Craft	Bev Budarick
	Crafts	1:00 p.m 3:30 p.m.	Cancelled in August \$0.50		Diane Coyle
	Cribbage	1:00 p.m 4:00 p.m.	to August 7th.	Auditorium	Nancy Campbell
July 10*	Exercise	9:05 - 10:05 a.m.	Cancelled in July and Augus		Pat Hunt
43300	Exercise	10:15 a.m 11:15 a.m.		Snooker	Bob Inkster
	Snooker	9:00 a.m 5:00 p.m.		West	Mickey Hughes
	Wood Carving	9:00 a.m noon	based on participation	Auditorium	Gerry Milligan
ends June 18	Yoga	11:30 a.m 12:30 p.m.		Auditorium	Gerry Milligan
ends June 18	Yoga	12:30 p.m 1:30 p.m.	based on participation Cancelled in July and Augus		Helga Brown
	Zumba Gold	3:15 p.m 4:15 p.m.	Cancelled III July and Augus	Tuononum	. loiga biowii
Friday		0.00	60.50	Auditorium	Lewis Roberts
	Badminton	9:30 a.m noon		Auditorium	Surinder Singh
	Bingo (4th Friday)	1:00 p.m 3:30 p.m.	Cancelled in July and Augus		George Manak
	Bridge (Duplicate)	1:00 p.m 4:30 p.m.		Auditorium	0
		140.00 44.00	Cancelled in July and Augus		
	Computer Class	10:00 a.m 11:00 a.m.			Ellie Mosher
- Managara	Computer Class Friday Lunch	11:45 - 1:00 p.m.	Cancelled in July and Augus		
	Friday Lunch Table Tennis	11:45 - 1:00 p.m. 9:30 a.m 12:00 noon	\$0.50	East	Alex Chan
	Friday Lunch	11:45 - 1:00 p.m. 9:30 a.m 12:00 noon Red's Burgers \$4.00	\$0.50 \$.50 & \$2.00 per set	East Auditorium	Alex Chan Surinder Singh
July 10*	Friday Lunch Table Tennis	11:45 - 1:00 p.m. 9:30 a.m 12:00 noon	\$0.50	East Auditorium Craft	Alex Chan

July August Schedule

2014-2015 L3P 7P9 Cancelled for July & August Friday Lunch Cancelled for July & August Cancelled for July & August 9:30 a.m. - 12:00 noon 1:30 p.m. - 4:30 p.m. 9:00 a.m. - 10:00 a.m. 9:00 a.m. - 11:00 a.m. Computer Class ## 9:00 a.m.-5:00 p.m. Osteoporosis ## **Table Tennis** to August 7th Badminton **Duplicate Bridge** FRIDAY Bingo Cancelled for July & August Cancelled for July & August 2nd Thursday of month 9:05 a.m. - 10:05 a.m. Cancelled for August 1:00 p.m. - 4:00 p.m. **Cribbage** 1:00 p.m. - 4:00 p.m. 9:00 a.m. - 5:30 p.m. 9:00 a.m. - 5:00 p.m. Exercise Class ## 10:00 a.m. - noon Casino Rama ## Zumba Gold ## 9:00 a.m. - noon Wood Carving to August 7th 9:00 a.m Canasta Chess Baseball Cancelled for July & August Cancelled for July & August Cancelled for July & August 1st Wednesday of month 11:15 a.m. - 12:15 p.m. 1:00 p.m. - 3:00 p.m. 7:00 p.m. - 10:00 p.m. 9:30 a.m. - 10:30 a.m. 9:00 a.m. - 11:00 a.m. Cancelled in August 1:00 p.m. - 3:30 p.m. Volleyball (Cornell) 7:00 p.m. - 9:30 p.m. 1:00 p.m. - 3:30p.m. 9:00 a.m. - 5:00 p.m. **Badminton** 10:00 a.m. - noon *Markham. Or* WEDNESDAY 11:00 a.m. - noon Acrylic Class ## **Current Events** Osteoporisis ## **Band Practice** Dabber Bingo H.E.L.P. # **Book Club** Tai Chi 排 Knitting Snooker Euchre Snooke Cancelled for July & August Cancelled in July & August 11:30 a.m. - 12:30 p.m. 7:00 p.m. - 10:00 p.m. 9:05 a.m. - 10:05 a.m. 1:00 p.m. - 4:30 p.m. 1:15 p.m. - 2:15 p.m. 1:00 p.m. - 4:00 p.m. 7:00 p.m. - 9:00 p.m. 9:00 a.m. - 5:00 p.m. Exercise Class ## Watercolours ## Watercolours ## Zumba Gold ## to August 18th to August 18th to August 18th Mah Jongg TUESDAY Pickle Ball Cribbage Baseball 9:30 a.m. Snooker Snooker Yoga ## Cancelled in July & August ends July 6th for summer Cancelled July & August Cancelled July & August Cancelled July & August Lunch, Linger & Learn Fraditional and Latin 6:45 p.m. - 10:00 p.m. 7:00 p.m. - 10:00 p.m. **Table Tennis** 1:30 p.m. - 4:00 p.m. 1:30 p.m. - 4:30 p.m. 9:00 a.m. - 5:00 p.m. 2:30 p.m. - 4:00p.m. Line Dancing ## Watercolours ## Beginner Bridge Line Dancing ## 9:30 a.m. - noon Mah Jongg Bid Euchre MONDAY H.E.L.P. ## 22 Water St. Snooker Snooker

Courses marked with an ## require pre-registration. Foot Clinic - 4th Wednesday of the month - Shelley (905) 294-6858 Call Older Adults in Action at (905) 294-5111 for program start dates and membership information.