

NEWS & VIEWS

OAIA

OCTOBER 2015



Markham Seniors Activity Centre- 22 Water Street, Markham, ON L3P 7P9

Phone: 905 294 5111

The News & Views is published nine times annually

President

Peter Cannon

Vice President

Mike Huffman

Publishers

Janet Benn

Jean Lew

Proof Reader

Marjorie Nielsen

Treasurer

Roshan Doctor

Assistant Treasurer

Shirley Eison

Secretary

Audrey Hillis

Membership Director

Marjorie Nielsen

Directors

Mark Barrett

Helga Brown

Doug Clarke

Helena Miscampbell

Ellie Mosher

Lunch Learn Linger 2015

Every Monday at 11:45 am-12:45 pm
Bring your lunch. Coffee & tea provided

Monday, October 5th 11:45

Peach Tree Originals Fashion Show

Come out and see what's in for this
fall and winter.

Monday October 12th

Centre Closed

Happy Thanksgiving

Monday October 19th

Extravaganza at the Theatre

Contact Gail Leet for tickets

905-887- 6029

Monday, October 26th 11:45

The Melody Makers

Come hear your own band
and their new members.

****** I'm looking for someone to take over
making tea and coffee please******

Monday, November 2nd 11:45

Victorian Medicine Show

Cost \$5.00

Get your tickets at the front desk shortly.

Monday, November 9th

Veterans' Remembrance Service

Monday, November 16th 11:45

Paul Cheung

Music of 50's 60's

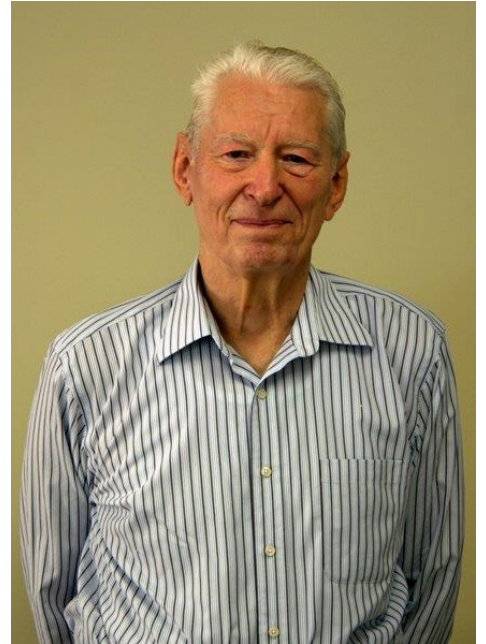
....Marjorie Nielsen
Convenor

President's Report ...Peter Cannon

Hello everyone,

Well now Summer is officially over and we have moved into Fall, Labour Day came and went. The Kids have gone back to school and our usual activities are up and running in our club.

Last report contained an error, the sort which come back to bite you. Your Board had selected October 19th for the Annual General Meeting. Unfortunately that happens to be the date of our Federal Election. So, the date has been moved to Tuesday 20th October at 1 p.m. in the Auditorium. I hope to see lots of you there. It is most important that you take active interest in your club's affairs.



We still have need for volunteers for many activities and new faces are most welcome. Fresh ideas, new energy and enthusiasm are the attributes required to maintain and grow our club.

Remember to thank the volunteers/convenors and their assistants who make activities fun and interesting. It costs nothing to give kindly greetings to these people and is so very much appreciated. Something like applause for an entertainer makes the effort worthwhile.

Please wear your name badges. It is a requirement of the City of Markham and has a number of uses - lets others learn your name, identifies you in case of emergency and confirms that you are a paid up member for the current year.

Octoberfest will be on Friday October 23rd. Details of ticket price and entertainment will be posted shortly. Only 80 tickets will be available, members only, first come, first served.

Enjoy our club, give people a smile, a kind word, maybe a hug if they are down in the dumps.

O.A.I.A.

NOTICE OF ANNUAL GENERAL MEETING

THE BOARD OF DIRECTORS OF O.A.I.A. ADVISE THAT OUR ANNUAL GENERAL MEETING WILL BE HELD ON TUESDAY, OCTOBER 20TH AT 1:00 P.M.

THIS IS YOUR OPPORTUNITY TO MEET OUR NEW BOARD MEMBERS AND TO EXPRESS YOUR VIEWS ON HOW TO MAKE THIS CLUB WHAT YOU WOULD LIKE IT TO BE.

ITEMS FOR THE AGENDA MUST BE SUBMITTED IN WRITING, TO THE ATTENTION OF THE PRESIDENT, PETER CANNON, BY FRIDAY, OCTOBER 16TH.

IT IS MANDATORY THAT WE HAVE A QUORUM OF 10% OF THE TOTAL MEMBERSHIP IN ORDER TO CONDUCT THIS MEETING.

ONLY THOSE HAVING CURRENT MEMBERSHIPS ARE ELIGIBLE TO VOTE.

REFRESHMENTS WILL BE SERVED AFTER THE MEETING.

Remember to wear your name badge.

Banana Nut Bread.

1/2 c. butter	1 c. chopped nuts
1 c. sugar	2 c. flour, sifted
2 eggs	1 tsp. baking soda
2 bananas, mashed	



Cream butter and sugar until creamy and light coloured. Add eggs, one at a time, and beat well. Add bananas and nuts. Stir in sifted flour and soda. Pour into greased loaf pan. Bake at 350F (180c.) for 45 minutes.

... submitted by Susan Holland

BINGO October 2015

Wed 7th 7:00 pm

Wed 14th 7:00 pm

Wed 21st 7:00 pm

Fri 23rd 1:00 pm

Wed 28th 7:00 pm



I need volunteers to call the Bingo numbers (Wednesday 7-9.p.m.). If you are interested to do this, please contact Surinder.

... *Surinder Singh*
Convenor

FRIDAY LUNCHES

Friday, Oct. 9. Club Lunch.

Juice.
Quiche with salad.
Roll and butter.
Dessert. Tea and coffee. \$6.00

Friday, Oct. 23. Red's burgers.

Red's hamburgers, hot dogs or sausages.
Ice cream and cookies.
Tea and coffee. \$4.00
BINGO.



TRAVEL DESK NEWS FOR OCTOBER 2015

Credit Valley Fall Colours Train Tour, 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. **Sold out.**

Cost: \$98.00 NM \$103.00

Irving Berlin's White Christmas Live Show at Dunfield Theatre in Cambridge, followed by dinner at Country Boy family restaurant – Wednesday December 9, 2015

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. **Sold out.**

Cost: \$98.00 NM \$103.00.

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. Reminder not to wear scented perfumes or lotions which could cause an allergic reaction for some people. Look forward to seeing you on our next trip.

...*Helena Miscampbell*
Travel Convenor

FALL BAZAAR - OCTOBER 31ST, 2015

THE 2015 BAZAAR IS NOT FAR AWAY AND WOULD JUST LIKE TO BRING TO PEOPLE'S ATTENTION A FEW CHANGES THIS YEAR.

THE DATE IS ONE MONTH EARLIER AND BY GOING WITH THIS DATE, HOPE TO NOT OVERLAP WITH ANOTHER BAZAAR IN THE AREA.

TIME CHANGE 9:30 TO 2:00 P.M.

THERE WILL BE MUFFINS AND COFFEE AVAILABLE AS WELL AS LUNCH CONSISTING OF A CHOICE OF TWO SOUPS, BISCUIT, DESSERT AND BEVERAGE.

JEWELLERY ROOM WILL NO LONGER HAVE BELTS, SCARVES AND PURSES, BUT THESE DONATIONS WILL BE ACCEPTED BY WHITE ELEPHANT.

SEE FULL BAZAAR NOTICE IN THIS NEWS AND VIEWS FOR TIMES THAT WE CAN ACCEPT ITEMS, BOOKS AND BAKING.

HOPE YOU WILL COME AND SUPPORT YOUR CENTRE.

....MARJORIE NIELSEN AND BEVERLEY BUDARICK,
CO-CONVENORS.

Rama

A Western Tail

-----Wanted-----

Not by the Sheriff, but by O.A.I.A.- No Horse Required

But we do need someone to saddle up and takeover The reins of the trips to Rama. The stage coach leaves Every 2nd Thursday of each month. This is an interesting Activity.



For further information please contact Marjorie Nielsen at the front desk, or marjnielsen@rogers.com or 905-472-6848.

Signed: The El Desperados



BAZAAR NOTICE - OCTOBER 31ST, 2015

JUST A REMINDER THAT THERE WILL BE A BAZAAR THIS YEAR (DATE ABOVE) AND WHAT THE BAZAAR COMMITTEE WOULD APPRECIATE 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 BRACELETS & EARRINGS - MEN'S AND WOMEN'S JEWELLERY/ SINGLE EARRINGS.

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

BOOKS: 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.

PLEASE NOTE – WE WILL NOT BE ABLE TO ACCEPT ANY WHITE ELEPHANT 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 ONLY UNTIL THURS. OCTOBER 29th.

....MARJORIE NIELSEN AND BEVERLEY BUDARICK
CONVENORS

O.A.I.A.
FALL BAZAAR
MARKHAM SENIORS' CENTRE
SATURDAY, OCTOBER 31
9:30A.M.—2:00 P.M.



WHITE ELEPHANT SALE

LUNCH ROOM



BAKE SALE

CRAFTS

KNITTING

BOOKS

JEWELRY



SILENT AUCTION

22 WATER STREET

MARKHAM

(905) 294-5111

CURRENT EVENTS GROUP**2015 - 2016****OCTOBER PROGRAM**

The Current Events Group for the 2015-2016 calendar season will continue to meet on Wednesday afternoons from 1:00 pm to 3:00 pm. However this year they will gather in the West Activity Room which is being updated to include a dedicated large screen, projector and speakers to replace the TV set.

The Group is open to all OAIA members and their guests, and will provide a means of having friendly, casual, open, face-to-face, around the table discussions on recent current events; and the opportunity to learn by the selecting and viewing of subjects obtained from the internet.

Weekly gatherings will open with the introduction of any new attendees and visiting guests. A number of jokes will be heard from those attending, and an outline given of the afternoon's program. Current news events of interest will then be presented to the group around the table by individual members and then discussed by all.

A number of the attending members have volunteered to form a group to take on the task of organizing the weekly/monthly programs and for one of them to organize and run the gathering each week. Their role will be to take the program suggestions that are selected and agreed to by the group, and to follow up and locate the sources, and to present them.

October's programs have been tentatively selected from the "top 20" TED Talks and will include "How to Spot a Liar", "My Stroke of Insight", "The Power of Introverts", and "Your Elusive Creative Genius".

Come and join us on Wednesdays.

*...Robin Bryan
Convenor*

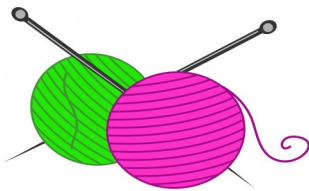
THE WEDNESDAY AFTERNOON KNITTING CLUB would like to welcome two new members, Rita and Lillian. They are very enthusiastic about learning to knit and have embarked on their first project.

Donations came in over the Summer and I would like to thank Patricia, John and two anonymous donors for their yarns and supplies. We will put them to good use.

I have two reminders for the upcoming Fall season. The Markham Fair is coming at the beginning of October. Thursday is Seniors day so stop by for a tea and treat during the day.

October 31 is the date for the bazaar this year and there will be lots to see and buy. Please come by our room for knitting purchases and Christmas gifts. We will be glad to see you.

... *Joyce Bulgin*
Convenor



CASINO RAMA

“Rama” is an O.A.I.A. monthly activity open to all members.



After trials and errors, we have decided to direct our focus to providing the large bus (56 seater) for the following reasons and conveniences:

1. To reduce paperwork involved.
2. In transit washrooms
3. To have the trip available to members with walkers (STORAGE)
4. To avoid waiting lists.

NOTE: Starting with the Thursday, November 5th trip, the cost will be \$3.00, a delight for all of us. In return, we ask that you book early, pre-pay for future trips if you wish and be ready to board the bus by 8:45 a.m.

All previous considerations are now void

....*Frank Smart*
Temporary Convenor

From the Mah-Jong Tables for October 2015



Welcome back everyone to our Mah-Jong tables. Hopefully, your summer was great.

By now you have all renewed your memberships for 2015 & 2016 year.

Remember to wear your **NAME badges**, so new people have a chance to get to know you. You **must be a member** to participate in activities.

We will continue to teach beginners The Asian version on Mondays, which is better to learn before learning The National version.

We have taken a vote whether to continue to post the great scores from the Monday & Tuesday games, and it was **voted Not to post**. That saves me time every month. Regardless, if you have good scores celebrate them at each of your tables. I am always interested in great scores, which you can tell me anytime.

Always check the schedules for up and coming events at the Club so you do not miss out on things you may enjoy!

Also, I would like to thank all the volunteers who have assisted with the teaching of the Asian and National method of Mah-Jong, without you a lot of people would not be enjoying this great game. So a BIG Thank-You.

Muriel Thompson has consented to be my Assistant-Convenor, and we appreciate having her with us.

See you at the Tables.

...Marcia Paci - Convenor 905-472-1271

Muriel Thompson - Assistant Convenor

The Old Days"

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"



Membership

Thank you to everyone who has renewed their membership. **Welcome to all our New Members.**

Thanks to the following members who volunteered their time at the Renewal Desk: Ellie Mosher, Susan Holland, Marcia Paci, Marny Smith, Audrey Hillis, Margaret Yade, Betty Hoover, Peter Cannon, Barb Henry, Faith Collins, Eileen Landa, Ellen Dusk, Mark Barrett, Rose Kelly, Gloria Smith, Dave Smith, Howard Elson, Shirley Eison, Peggy Eades, Helena Miscampbell, Wendy Wise.

Special thanks goes to Margaret Hawryluk, who files all the forms for me.

You can still renew your membership at the Front Desk between 9 am -3:30 pm Monday - Friday.

Please remember to wear your Name Badge to all the events. We all like to be called by our name.

Thank you.
Marjorie Nielsen,
Membership Director

 * **NEWSLETTER UPDATE** *
 * It's official— I am now retiring as *
 * publisher of News and Views. We have *
 * a new publisher as of the November *
 * newsletter. Her name is Jean Lew and *
 * she is a very capable person. She has *
 * produced the October newsletter. It is *
 * always good to have new people on *
 * board with new ideas and new ways of *
 * doing things. *
 * Submissions will still be sent to: *
 * newsandviewsmarkham@gmail.com *
 * and they still need to be received by the *
 * 20th of each month preceding publication. *
 * As publisher it has been a rewarding and *
 * enjoyable experience for me and in *
 * leaving I want to thank all the members *
 * for their positive comments I have *
 * received over the years. Special thanks *
 * go to Audrey Hillis and Mike Huffman for *
 * all the support they have given me. *
 * Sincerely, *
 * Janet Benn *
 * Publisher *
 * *****

GREETING CARDS

If someone you know is ill or has had an accident or has lost a loved one or is celebrating an anniversary such as 50 years or celebrating a birthday of 90 years or older, we would like to know about it. Please fill out a form at the front desk or email Margaret Yade at: sully2000@rogers.com with the information and a card will be mailed out on behalf of the members of the club.

....Margaret Yade





We are now into fall and I hope that you are enjoying the Markham Seniors Activity Centre. Please note that the used battery receptacles in the front lobby are only for batteries that will fit into the containers.

Please note that Markham Seniors Activity Centre will be closed on :
Thanksgiving Monday October 12.

Annual Seniors' Extravaganza

Monday October 19

Flato Markham Theatre

Featuring Skylark

1:00 pm

Tickets only \$10.00

Free coffee, tea and goodies before the show

Contact for tickets:

Gail Leet 905 887-6029 or

cheers@sympatico.ca

*Carol Manning
 Community Program Supervisor, Markham East
 The City of Markham
 8600 McCowan Road
 Markham, Ontario
 L3P 3M2
 905 477-7000 ext. 4344
 mobile 647 300-0397*

**TAKE CARE OF
 YOUR BODY.
 IT'S THE ONLY
 PLACE YOU HAVE
 TO LIVE IN.**



On behalf of everyone at the OAIA Seniors Centre, I would like to thank Janet Benn for the 9+ years she has reigned as Publisher. Her publication use has been a very important communication tool our busy Centre has had which is like a hub gathering all our reports, events and activities news into a priceless stack month after month for all our members' reading enjoyment. In truth, after learning all about her tasks how she puts our newsletter together, there are no words to thank her enough for her dedication, excellence, loyalty, commitment, meeting timelines and deadlines, and hard work for the Centre. Imagine she had no one to back her up should she wish to go on vacation or took ill. She is leaving enormous shoes to fill. I wish also to thank the Senior Centre for entrusting me with future publications. Any feedbacks or suggestions for improvements are most welcome to: newsandviewsmarkham@gmail.com or leave a note at the newsletter box. Janet, we are all sad to see you retire from this position but wish you all the best in the future. Should anyone see Janet at the Centre next time, please give her a great big thank you hug!

Your future publisher,
Jean Lew



Sqqquuuuiffish !



*Happy
Thanksgiving*

October 12



LADIES AND
GENTLEMEN. YOU ARE
CORDIALLY INVITED TO
ATTEND A WONDERFUL
AFTERNOON OF
ENTERTAINMENT AT
THE FLATO MARKHAM
THEATRE ON MONDAY,
OCTOBER 19TH AT 1 P.M.
TICKETS ARE STILL
\$10 .00

THIS YEAR WE
PRESENT FOR YOUR
ENJOYMENT
"Celebrating 17 Years"

Featuring SKYLARK

WE WILL SUPPLY FREE
COFFEE AND NIBBLIES.
COME EARLY AND SIGN
UP FOR A CHANCE TO
TAKE HOME A
WONDERFUL DOOR
PRIZE. PLEASE CALL
GAIL LEET 905-887-6029
OR EMAIL CHEERS.EH@
SYMPATICO.CA FOR
TICKETS OR
INFORMATION.

TONY MURPHY
PRODUCER



17
16
+1

17!

A
sojourn
OF 17 YEARS


CELEBRATING 17 YEARS

shout



Celebrating
17 years!

FALL
COZY



MONDAY & TUESDAY: *by appointment*
WEDNESDAY, THURSDAY, FRIDAY
OPEN 10-4:30 & SATURDAY 10-3:00

UNIT #1 - 91 ANDERSON AVE
(HWY 48 & BUR OAK)
MARKHAM
905-471-0096

PEACH TREE ORIGINALS ON ANDERSON
100% Canadian Handmade

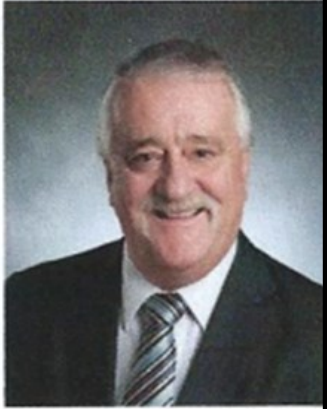
www.peachtreeoriginals.com

City of Markham tel: 905-479-7750
fax: 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

HOME SERVICE FOR SENIORS

Helping Markham Seniors maintain and improve their home and independence for the past 20 years.
perform a wide variety of services from repair and maintenance to installation and minor renovation.

NO JOB TOO BIG OR TOO SMALL



- *painting and decorating, handywork
- *mechanical repairs, plumbing
- *appliance installation/maintenance
- *flooring, door repair, trim work
- *crown moulding, blinds, furniture repair
- *woodworking, drywall repair
- *small engine repair and maintenance
- *decks, fences, and much more

Quality Assured at Reasonable Rates
(estimates are always free)

The service you need—The respect you deserve.

Call DON Lowrie at 647-464-1734 (cell)
(references are available)

Get your subscription now
Come celebrate with us

MARKHAM LITTLE THEATRE

50TH Anniversary

2015 - 2016 Season

November 18 - 21, 2015
The Heiress
A drama by Ruth and Augustus Goetz
Flato Markham Theatre
Call 905-305-7469
www.markhamlittletheatre.ca

February 10 - 13, 2016
Assisted Living
A comedy by Deirdre O'Connor

April 13 - 16, 2016
Charity Begins
A comedy by Ireland Wood

Single Tickets are \$24 - \$26
Subscriptions are \$75 - \$85 for 4 shows. **That is an over 20% savings**

Season Sponsor
dG Dixon Garland funeral home

Season Media Presenter
metrolandmedia
ECONOMIST & SUN

Play Sponsors: **Barcoover-Bick HEALTHCARE LIMITED**, **AMICA of Sun Lake**, **Agincourt HYUNDAI**



From my Family to Yours

Happy Thanksgiving



**Karen
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



Dixon-Garland Funeral Home
www.dixongarland.com | 905-294-2030



Dream
as if
you'll live
forever.

Live
as if
you'll die
today.

*James Dean
Actor*



KEN'S STORY

Music and radio have always played a big part in Ken Haslam's life. Growing up in Montreal, the Chartwell resident, was born to songbird parents. It therefore came as no surprise to Ken's family when his participation in theatre and choral work graduated to an interest in broadcasting. Fresh out of high school, he auditioned for the CBC and landed a position with the station's international division. While there, he met a Dutch

"I LOVE TO MEET NEW PEOPLE FROM AROUND THE WORLD, LEARNING FROM THEM FURTHER ENRICHES MY LIFE."

broadcaster who suggested he send a tape to Radio Netherlands to gain some experience abroad. With the promise of a position at the CBC once he returned, Ken set off for the Netherlands on a two year contract.

Ken retired from the CBC in 1989, having served as a Staff Announcer and later Broadcast Language Councillor. He and his wife had always imagined growing old together in the retirement residence located beside their family home; however, Nora passed away before they ever made the move. Ken remained in his home for a while after the loss of his wife, but eventually household responsibilities like cooking and shopping became too much for him. Before moving into the residence next door,



Ken's daughters encouraged him to keep his options open and tour other homes. "I looked at various places as the children prepared my house for sale," he explains. "They were working so hard for me—it was beautiful." Ken's last visit was at a Chartwell residence, which he was immediately taken with. As soon as he walked through the door, he was struck by how warm the atmosphere was and how friendly the staff and residents were. He knew he had found his new home.

What Ken enjoys most in his retirement residence is socializing with his new friends. "I love to meet new people from around the world," he says warmly. "Learning from them further enriches my life." Ken also continues to explore his passion for music by listening to the likes of Bach and Beethoven in his suite, a way to remember his musical childhood. Ever the optimist, he is determined to celebrate each day with humour, his booming laughter frequently echoing down the hallways of the residence.

My job is to help residents feel happy and at home.

**BRENDA, LIFESTYLE & PROGRAM MANAGER
WORKING AT CHARTWELL SINCE 2003**

CHARTWELL.COM



CHARTWELL

ROUGE VALLEY
retirement residence

Make us part of your story.

5958 16th Avenue, Markham
(Just 10 min away near Garden Basket)

289-378-6654

*Conditions may apply.





Simplify your life.

Right-sizing frees up room for living! When you live at an Amica retirement community, you eliminate the worry of home maintenance and upkeep, and you enjoy fresh-prepared meals and lively social activities. Simply tour to find out more.

**VISIT US
TODAY!**

**Move in this Fall! Call to
arrange your personal tour and
complimentary lunch!**

All-Inclusive Retirement Living • www.amica.ca

Amica at Swan Lake
6360 16th Avenue, Markham, ON
905.201.6058



AMICA
at Swan Lake

LIMITED
NUMBER OF
SUITES
AVAILABLE



STOUFFVILLE CREEK

RETIREMENT RESIDENCE

Being a part of the Stouffville Creek family means
you are a part of something very wonderful!

ALL INCLUSIVE SUITES
STARTING AS LOW AS **\$3092.00**

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



905-642-2902 40 FREEL LANE, STOUFFVILLE, ON



RE/MAX

www.stouffvillecreek.ca

21 Rules For a Good Old Age

Some of us have reached our golden years, and some of us have not. But these suggestions should be read by everyone. They have been collected from many a senior, each with his or her own piece of advice. Some you know, some may surprise you, and some will remind you of what's important. So read well, share with your loved ones, and have a great day and a great life!

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital. Warning: This is also a bad time for an investment, even if it seems wonderful or fool-proof. They only bring problems and worries and this is a time for you to enjoy some peace and quiet.

2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, get tested even when you're feeling well. Stay informed.

4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."

7. Be proud, both inside and out. Don't stop going to

your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you -keep it and be proud of it. It's part of who you are.

9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised which old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. "They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them of yesterday's wisdom that still applies today.

11. Never use the phrase: "In my time". Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. **Spend your time with positive, cheerful people,** it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. **If you've lost your partner (our deepest condolences), then find a person to move in with you** and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer at an NGO or just collect certain items. Find something you like and spend some real time having fun with it.

15. Even if you don't feel like it, try to **accept invitations**. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

16. Be a conversationalist. **Talk less and listen more.** Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

18. If you've been offended by someone - forgive them. If you've offended someone - apologize. **Don't drag**

around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. **Live true to your beliefs** and let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

21. Take notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There is still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

AND REMEMBER: "Life is too short to drink bad wine."

....Submitted by Surinder Singh

