NEWS and VIEWS

O.A.I.A.

April 2016
Markham Seniors’ Activity Centre— 22 Water Street, Markham, ON  L3P 7P9
Phone: 905-294-5111        OAIA website:  http://www.markhamseniorcentre.com

The News & Views is published nine times annually

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Newsletter Contact- newsandviewsmarkham@gmail.com

Note- Members can view the newsletter at:  www.markhamseniorcentre.com

WE HAVE A NEW 12 WEEK SESSION STARTING ON WEDNESDAY, APRIL 6, 2016

TIME: 11:15 A.M.—12:15 P.M.
COST—$36.00
Please sign up at the front desk to secure your spot.
Hello everyone,

First of all, let me say thank you so much for all the kind messages regarding my recovery from knee surgery. As expected it is a slow process to regain full mobility and sometimes painful. I am pleased with my progress and look forward to resuming activities.

The weather has been very warm for the season and I see quite a few birds have made their return from winter migration. The robins are back and very busy making new nests and singing beautifully. It is cheering to know that nature is renewing things for the coming year.

April is our time to give thanks to all of our Volunteers. We are planning our customary Lunch at the Mandarin Restaurant in Boxgrove. There will be signs in the lobby, information on our website and on the big screen in the lobby too.

Last month, I mentioned helping to 'clear up' after activities. It seems that my comments were a bit misleading. It was not my intention to have members moving chairs and tables. For health and safety reasons, that job is to be left for the custodial staff. Thank you and my apology for any confusion.

If you have any ideas for new activities or improvement of existing programs, please put them in writing and hand in at the Front Desk so that the Board of Directors can give them consideration at their next monthly meeting.

Enjoy your club, wear your badges and give others a smile. The responding smile can just make your day that much sweeter.
EXERCISE FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags.

Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm now at this level)

After you feel confident at that level, put a potato in each bag.

Thanks to Bryan Baverstock in Cambridgeshire, England

***ASSISTANT KITCHEN CONVENOR – Position Available***

Susan Holland our Kitchen Convenor is looking for an assistant. As a result we have an urgent requirement for someone to fill this important position.

No experience required, just a desire to be part of a team of great volunteers who keep our club running smoothly.

The position involves purchasing supplies and making sure the kitchen is fully operational.

To inquire, please see Ellie Mosher at the club. Ellie can also be reached at 905-471-9694. Susan can be reached at 905-294-2937.
Caramel Cake

1 3/4 c. cake flour
1 c. brown sugar \{ Sift together

Then add:
1/2  c. butter
2  eggs
1/2  c. milk
1/4 tsp salt
1 3/4 tsp double acting baking powder
1  tsp vanilla essence

Beat all together until light and fluffy, approx. 3 minutes.
Bake in preheated oven at 350 °F for 1/2 hour.

Submitted by Susan Holland.

***TRAVEL CONVENOR - Position Available***

We are still looking for a Travel Convenor.
If you are a member and interested in the position, please leave your contact information with the Front Desk.

… Helena Miscampbell
Director
"A wolf pack:

- The first 3 are the old or sick. They set the pace for the entire pack. If it was the other way round, they would be left behind, losing contact with the pack. In case of an ambush they would be sacrificed.
- Then come 5 strong ones, the front line.
- In the center are the rest of the pack members.
- Then the 5 strongest follow.
- Last is the alpha. He controls everything from the rear. In that position he can see everything and decide the direction. He sees all of the pack."

The pack moves according to the elders pace, help each other, and watch each other.

Submitted by Elizabeth Price
FRIDAY LUNCHES

Friday, April 8.  Club Lunch
Salad
Quiche
Dessert, Coffee, Tea $6.00

Friday, April 22.  Red’s Burgers
Hamburgers, Sausages, and Hot dogs
Ice Cream and Cookies
Coffee and Tea $4.00
BINGO

SPECIAL EVENT

Please watch for upcoming notices for:

Mother’s Day Lunch
Wednesday, May 4th 12:30 - 2:30 pm

Thursday, April 14, 2016
Bus leaves at 9:00 am from the Senior Centre. PLEASE park your cars in the back parking area. We must have 45 persons on the bus, otherwise we pay $20.00 for each seat under 45. No shows do cost the club. See you on April 14th. Good Luck !!!!

Marjorie Nielsen

... Gillian Scraggs
Special Events Convenor
The Wednesday Afternoon Knitting Club welcomes a new member. Welcome June.

It is reported to me that everything is going smoothly in my absence.

Two blankets are in the process of being knitted and several baby outfits are being worked on; one by myself in the sunny south.

If you are doing that Spring clean out and come across some yarn that you don't think you can use, don't hesitate to bring it to the club on your next visit. Just label it with the knitting club's name and we will gladly accept it.

Enjoy the nicer weather and look for the bulbs blooming soon. They were poking their heads out before I left. They should be ready to bloom by the time this is published.

Happy Easter, be safe.

...Joyce Bulgin
Convenor

Volunteer Information Session

Monday May 2nd, 2016    11:00 am
Water Street Auditorium

Volunteers are the heart and soul of municipal services.
This session will help you in developing a thorough understanding of City of Markham corporate policies.

This is a must-attend session for all OAIA board members, convenors, co-convenors and front desk volunteers. (You do not have to attend if you attended the previous session on February 1)

All OAIA members are welcome. Please sign up at the front desk.

Please note that the Markham Seniors Activity Centre will be closed on Monday May 23 for Victoria Day.

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
Well it’s spring again.
Please come out to our general meeting and reacquaint yourself with the good old boys of baseball.

Thanks,

… Doug Dey,
Convenor

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O.A.I.A. Baseball General Meeting
Tuesday April 12th 2016
9:30 A.M.
Water Street Crafts room

We look forward to seeing our baseball buds again. If you know of any new people who might be interested, please have them come to the meeting.

If you can’t make it, please use the Email OAIAbaseball@yahoo.ca to let us know.

Thanks and see you there.

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Markham Senior Slo-Pitch League

REGISTRATION
New Players Wanted

55 Plus co-ed  Six team league
May to September
Tuesday Mornings at 9:30 Am
For more information
If interested,
Please contact the Convenor at:
OAISloPitch@yahoo.ca
I don't think we can complain on the winter we had, but are really looking forward to Spring. The Craft Group had their first attempt at making a quilt and really happy with the results. It is an old fashioned double size “Nine Patch” tied quilt and is for sale for $100.00. It can be seen on Thursdays in the Craft Room or you can stop by the craft cabinet in the lobby and see the picture of it and information.

Towels are our biggest seller but we are adding new items all the time. Lately some baby stroller blankets and shrugs (these go around your shoulders and great in hospitals, nursing homes, etc.). Also, we have not forgotten your furry friends with several items.

We are most thankful for craft donations, trim, rick rack, thread, yarn and cotton material. Donations can be left at the front desk with tag “Thursday Craft Group”.

New members are always welcome.

Our greatest weakness lies in giving up.
The most certain way to succeed is always to try just one more time.

Thomas A. Edison
BAZAAR NOTICE - SATURDAY, OCTOBER 29th, 2016

JUST A REMINDER THAT THERE WILL BE A BAZAAR THIS YEAR (DATE ABOVE) AND WHAT THE BAZAAR COMMITTEE WOULD APPRECIATE FOR DONATIONS:

PLEASE NOTE: WE WILL BE UNABLE TO ACCEPT ANY WHITE ELEPHANT AND JEWELLERY UNTIL SEPT 26th AND BOOKS UNTIL OCT 11/16 DUE TO LACK OF STORAGE SPACE.

ITEMS AT THESE TIMES CAN BE LEFT AT INFORMATION DESK IN LOBBY.

SILENT AUCTION: NEW AND IN ORIGINAL PACKAGING.

WHITE ELEPHANT: GENTLY USED ITEMS IN GOOD CONDITION. NO CLOTHING, TOYS, CAR SEATS, BABY EQUIPMENT, TUPPERWARE, COFFEE MUGS, TRAVEL MUGS, FURNITURE, TV’S OR COMPUTER EQUIPMENT, AND GOLF CARTS. DONATIONS ACCEPTED UNTIL THURSDAY OCT 27.

JEWELLERY: GOOD TIME TO RECYCLE YOUR BEADS, BROACHES, BRACELETS, AND EARRINGS - MEN’S AND WOMEN’S JEWELLERY/SINGLE EARRINGS. DONATIONS ACCEPTED UNTIL THURSDAY OCT 27.

BAKE TABLE: SQUARES, PIES, TARTS, CAKES, MUFFINS, ETC. ALSO REMEMBER US WHEN MAKING PRESERVES, JAMS, JELLIES, PICKLES AND RELISH, ETC. DONATIONS ACCEPTED ON FRIDAY OCT 28th ONLY.

BOOKS: BOTH HARD AND SOFT COVERED. NO LANGUAGE BOOKS, ENCYCLOPEDIAS, READERS’ DIGESTS, INSTRUCTION MANUALS, NATIONAL GEOGRAPHIC. DONATIONS ACCEPTED UNTIL THURSDAY OCT 27.

WE ARE MOST APPRECIATIVE OF ANY CONTRIBUTIONS YOU MAY DONATE.

*IMPORTANT NOTE - PLEASE NO DONATION OF WHITE ELEPHANT, JEWELLERY, AND BOOKS ON FRIDAY OCTOBER 28th AS THE CLUB IS CLOSED FOR SET UP.

HOPE YOU WILL COME ON THE 29th FOR SOME EARLY CHRISTMAS SHOPPING.

... MARJORIE NIELSEN AND BEVERLEY BUDARICK
CO-CONVENORS 2016
10 PIECES of ADVICE

1. You will find inspiration if you look for it. Inspiration doesn't just come to you; you have to actively work at it...and sometimes, even go looking for it. Inspiration can come through travel, books, lectures, and movies. It can also come simply by being still and absorbing what comes your way. Being receptive to good ideas is the first step to inspiration...following which, of course, you must implement your idea.

2. You can be as productive as you want to be. Passion is not enough to see an idea become reality. You need to be persistent and persuasive. You must connect with people. Tireless practice and a great sense of pride in your work are essential. Hard work will take you to your goal. Fuel passion with purpose, and you will be sure to succeed.

3. You have to determine your own pace. There are times when work gets done easily...and there are times when we struggle with even routine jobs. Not every day is a good day. An ideal flow state may be difficult to find, but once you do, stay with it...work more, do more, be more. Optimize those times in your life when you're one with your work. Use that opportunity to completely immerse yourself in your work and watch yourself scale greater heights.

4. You should take all the help you get. Life can be challenging, and sometimes with very few tools to help you get by. At such times, look where you need to for help. Don't feel afraid to seek thought leaders, life coaches, books, or anything else to that can see you through the challenges you face. Once you open yourself to help, you'll be surprised by all the wisdom you get from the world around you...and now it's only a click away!

5. You have to learn every day. The ways of learning are many, but you need to first make learning a habit. Learning becomes a pleasure when you participate wholeheartedly in all your experiences. The next step is to apply your learnings to your life and discover their power. The chief benefit of knowledge is the impact it has on our lives and - when we share it freely - the lives of others.

6. You can never dream too big. A dream can never be too big... Dreams have unlimited potential and reach. So when you begin to dream, ask yourself how big you want your dream to be, how many lives you want it to touch, how many years you want it to live on after you. When you dream, don't just dream for yourself, dream for the world, and then, in the words of Paulo Coelho, 'The universe will conspire to make it happen.'
7. **You have to focus to achieve.** To transform a dream into an achievement requires many ingredients - one of the key being laser-sharp focus. When you break down your goal into its many parts and understand all that it takes to achieve it, the probability of success becomes greater. Add to that dollops of daily discipline and a helping of humility and you will be the master of your own game, **achieving anything as easily as you want.**

8. **You are never in it alone.** No matter how difficult a person or situation, everything ultimately works to your advantage. There would be no yin without yang, darkness without light, day without night. And by this logic, you must realize that nothing lasts forever and **nothing exists in isolation.** For us to truly grow, we must learn to appreciate both sides of any coin...and to flip it and change the story when we need to.

9. **You don't need the stress, none of it.** In the larger scheme of life, it's all good. **Don't sweat the small stuff** or the big stuff. What's important is to enjoy the moment, to be present in the here and now, to simply do and not expect the rewards or returns. **Profit or loss** is not in our hands. What is in our capacity, is to do a good job and add value where possible...to a customer, to a young mind, to a close relationship, to a thoughtful soul...

10. **You have to stay true to your soul.** Finally, do what's **good for your soul.** Do the small, everyday things that keep you going. It could be anything from spending time with your pet dog, cutting down on **unnecessary social obligations,** giving more time to your family, or sitting by the ocean and watching the waves splash against the rocks. Life is about the small moments, the quiet ones, the meaningful ones...the one's that make the journey worth it.

*Submitted by Shamsher Singh*
CURRENT EVENTS PLUS GROUP

April 2016

Meetings on Wednesdays - 1:30 to 3:30 pm
West Activity Room

All OAIA members and their guests are welcome to join. Please sign in and deposit your $1.00 on entering.

The weekly program will consist of the group sharing jokes, discussing current events and subjects of interest. Videos of interest will also be projected on a large movie screen and then discussed. Subjects of interest for future gatherings will also be discussed along with sourcing and who will present them.

This month’s planned subjects for presentation and discussion will include:

◊ Health – Mental and Physical
◊ How To Spot A Liar – The Power Of Introverts – Best Stats You’ve Ever Seen
◊ New Materials New Technologies
◊ The Great Bear Rainforest of the Pacific Northwest

Hope to see you all on Wednesdays after lunch. Bring a friend. 😊

... Robin Bryan
Convenor
LUNCH LEARN LINGER

MAY 2016

Monday, May 2nd 11:00-12:45
City of Markham, A Must Attend Volunteer Workshop for all Convenors, Co-Convenors and Front Desk Volunteers who were not able to attend the one in February.

Monday, May 9th 11:30-12:45
Peach Tree Originals, back for our Spring Fashion Show. Come and see what’s in this Spring.

Monday, May 16th 1:45-12:45
Sari Featherstone is back to entertain us with her great singing. Cost: $3.00

Monday, May 23rd Closed
Happy Victoria Day

Monday, May 30th 11:45-12:45
Our own Melody Makers, great music every month.

JUNE 2016

Monday, June 6th 11:45-12:45
The Muppets return with a new Program.

... Marjorie Nielsen
Convenor

APRIL 2016

Monday, April 4th 11:30-12:45
City of Markham Fire Dept.

Monday, April 11th 11:45-12:45
Rocky Ferrari-Accordionist

Monday, April 18th 11:45-12:45
Come out and make a Book-Mark. Cost: $2.00 to pay for the material

Monday, April 25th 11:45-12:45
Our own Melody Makers, great music that we all know.
Please note: Joan Thomas will be our new convenor starting April 2016

... Surinder Singh
Convenor
I hear the sounds of melting snow outside my window every night and with the first faint scent of spring, I remember life exists.

John Geddes, Canadian Author from: A Familiar Rain

City of Markham

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<thead>
<tr>
<th>tel:</th>
<th>fax:</th>
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<tbody>
<tr>
<td>905-479-2750</td>
<td>905-475-4702</td>
</tr>
</tbody>
</table>

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

campbell@markham.ca

My face may be white but my heart is pure gold. There is no shame in growing old.

~ e.h.g. 10 March 2012
Step into Spring at Stouffville Creek

Exceptional Service, Comfort & Security
- Are just a part of everyday living -
  • Private suites with ensuite bath and kitchenettes
  • Meals freshly prepared by our Executive Chef
  • Weekly housekeeping • Beautiful amenities including: Library, Media Room, Billiards Room, Fitness Room
  • Social and recreational programs

Small Pets welcome!

Suites starting at $3200 per month

Stouffville Creek Retirement Residence

Verve Inspired Senior Living

Tel: 905-642-2902 | 40 Freeland Lane, Stouffville, ON L4A 0P5 | www.verveseniorliving.com
Chartwell April Open House

Spring forward to the next chapter in your life.
Since Aurel moved into his Chartwell residence, he and daughter Maja have transitioned from worry and concern about household responsibilities to spending more quality time together, including lots of family time for children, grandchildren and a new great grandchild. If you want to learn more about the benefits of retirement living, our Open House can help answer your questions.

Chartwell.com

Open House
Sunday, April 24
1 PM - 4 PM

Chartwell Rouge Valley Retirement Residence
Make us part of your story.
5958 16th Avenue, Markham
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!

Experience the Amica lifestyle for yourself! Call today 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
A truly Happy Person is one who can enjoy the scenery on a detour.
And, one who can enjoy browsing old cemeteries ... Some fascinating things on old tombstones!

Harry Edsel Smith of Albany, New York: Born 1903--Died 1942. Looked up the elevator shaft to see if the car was on the way down. It was.

In a Thurmont, Maryland, cemetery: Here lies an Atheist, all dressed up and no place to go.

On the grave of Ezekial Aikle in East Dalhousie Cemetery, Nova Scotia: Here lies Ezekial Aikle, Age 102. Only the good die young.

In a London, England cemetery: Here lies Ann Mann, who lived an old maid but died an old Mann. Dec. 8, 1767

In a Ribbesford, England, cemetery: Anna Wallace The children of Israel wanted bread, And the Lord sent them manna. Clark Wallace wanted a wife, And the Devil sent him Anna.

In a cemetery in Hartscombe, England: On the 22nd of June, Jonathan Fiddle went out of tune.

In a Ruidoso, New Mexico, cemetery: Here lies Johnny Yeast. Pardon him for not rising.

In a Uniontown, Pennsylvania, cemetery: Here lies the body of Jonathan Blake, Stepped on the gas instead of the brake.

In a Silver City, Nevada, cemetery: Here lays The Kid, We planted him raw. He was quick on the trigger, But slow on the draw.

A lawyer’s epitaph in England: Sir John Strange. Here lies an honest lawyer, and that is Strange.

John Penny’s epitaph in the Wimborne, England, cemetery: Reader, if cash thou art in want of any, Dig 6 feet deep and thou wilt find a Penny.
Anna Hopewell’s grave in Enosburg Falls, Vermont:
Here lies the body of our Anna,
It wasn’t the fruit that laid her low,
But the skin of the thing that made her go.

On a grave from the 1880s in Nantucket, Massachusetts:
Under the sod and under the trees,
Lies the body of Jonathan Pease.
He is not here, there’s only the pod,
Pease shelled out and went to God.

From Our Mah-Jong Tables April 2016

MAH-JONG ACTIVITY
Make sure you wear your Name Badges
We Play All Year Round on These Days

Monday Mah-Jong
In the Craft Room from 1:30 to 4:30 PM
Beginners are taught the Asian Method on Mondays Only
The Asian Method must be learned before attempting to learn the National

Tuesday Mah-Jong
In the Craft Room from 1:00 to 4:30 PM
Only beginners of the National Method are taught on Tuesdays

The Activity Fee is 50 cents to play
You must sign in the Activity Book upon arrival in the Craft Room
Tea/Coffee is 25 cents and must be purchased in the Social (Library) Room

There are only 15 Tables of 4 players allowed in the Craft Room, a total of 60 people maximum because of the Fire Code
People who come late may not find a table to play at.

Marcia Paci 905-472-1271 -- Muriel Thompson 905-940-1571
Co-Convenors of Mah-Jong - (We accept inquiries)
P.S. There is no Mah-Jong played on Holiday Mondays or OAIA Closures

THIS ONE IS EXTREMELY WELL WRITTEN:-
In a cemetery in England:
Remember man, as you walk by,
As you are now, so once was I.
As I am now, so shall you be,
Remember this and follow me.
To which someone replied by writing on the tombstone:
To follow you I’ll not consent,
Until I know which way you went.

Author Anonymous
<table>
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<tr>
<th>DAY</th>
<th>TIME</th>
<th>COST</th>
<th>ROOM</th>
<th>CONVENDOR</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Beginner Bridge</td>
<td>9:30 a.m. - noon</td>
<td>$0.50</td>
<td>Craft</td>
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<tr>
<td></td>
<td>Intermediate Line Dancing*</td>
<td>9:30 a.m. - 10:30 a.m.</td>
<td>9 weeks - $27.00</td>
<td>Auditorium</td>
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<td>Bid Euche</td>
<td>6:45 p.m. - 10:00 p.m.</td>
<td>$1.50</td>
<td>Craft</td>
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<td>Mar. 14</td>
<td>H.E.L.P.*</td>
<td>1:15 p.m. - 2:15 p.m.</td>
<td>12 classes - $36.00</td>
<td>Auditorium</td>
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<tr>
<td>Mar. 7</td>
<td>Latin &amp; Traditional Line Dance*</td>
<td>2:30 p.m. - 4:00 p.m.</td>
<td>10 classes - $30.00</td>
<td>Auditorium</td>
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<tr>
<td></td>
<td>Lunch, Linger, Learn</td>
<td>11:45 a.m. - 12:45 p.m.</td>
<td>Dates and costs posted</td>
<td>Auditorium</td>
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<td>Mah Jongg</td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>$0.50</td>
<td>Craft</td>
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<td></td>
<td>Snooker</td>
<td>9:00 a.m. - 10:00 p.m.</td>
<td>$0.50</td>
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<td>Table Tennis</td>
<td>1:30 p.m. - 4:00 p.m.</td>
<td>$0.50</td>
<td>East</td>
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<td>Apr. 4</td>
<td>Yoga*</td>
<td>7:30 p.m. - 8:30 p.m.</td>
<td>10 classes - $40.00</td>
<td>Auditorium</td>
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<tr>
<td>Mar. 21</td>
<td>Watercolours*</td>
<td>10:00 a.m. - noon</td>
<td>8 classes - $50.00</td>
<td>West</td>
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<tr>
<td>Tuesday</td>
<td>Baseball</td>
<td>9:30 a.m.</td>
<td>Spring and summer program</td>
<td>Various</td>
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<td>Cribbage</td>
<td>1:00 p.m. - 4:00 p.m.</td>
<td>$0.50</td>
<td>East</td>
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<td>Feb. 16</td>
<td>Exercise*</td>
<td>9:00 a.m. - 10:00 a.m.</td>
<td>11 classes - $14.00</td>
<td>Auditorium</td>
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<td>Feb. 16</td>
<td>Exercise*</td>
<td>10:10 a.m. - 11:10 a.m.</td>
<td>11 classes - $14.00</td>
<td>Auditorium</td>
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<td></td>
<td>Mah Jongg</td>
<td>1:00 p.m. - 4:00 p.m.</td>
<td>$0.50</td>
<td>Craft</td>
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<td>Pickle Ball</td>
<td>7:00 p.m. - 9:00 p.m.</td>
<td>$0.50</td>
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<td>Snooker</td>
<td>9:00 a.m. - 10:00 p.m.</td>
<td>$0.50</td>
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<td>Mar. 22</td>
<td>Water Colours*</td>
<td>10:00 a.m. - noon</td>
<td>8 classes - $50.00</td>
<td>West</td>
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<td>Mar. 22</td>
<td>Water Colours*</td>
<td>2:00 p.m. - 4:00 p.m.</td>
<td>8 classes - $50.00</td>
<td>West</td>
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<td>Apr. 5</td>
<td>Yoga*</td>
<td>11:30 a.m. - 12:30 p.m.</td>
<td>12 classes (based on participation)</td>
<td>Auditorium</td>
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<tr>
<td>Apr. 6</td>
<td>Zumba Gold*</td>
<td>1:15 p.m. - 2:15 p.m.</td>
<td>13 classes - $40.00</td>
<td>Auditorium</td>
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<td>Zumba Gold*</td>
<td>2:30 p.m. - 3:30 p.m.</td>
<td>13 classes - $40.00</td>
<td>Auditorium</td>
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<td>Wednesday</td>
<td>Acrylic Painting (beginner)*</td>
<td>10:00 a.m. - noon</td>
<td>8 classes - $50.00</td>
<td>East</td>
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<td>Badminton</td>
<td>9:00 a.m. - 11:00 a.m.</td>
<td>$0.50</td>
<td>Auditorium</td>
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<td>Band Practice</td>
<td>10:00 a.m. - 12:00 noon</td>
<td>$0.50</td>
<td>West</td>
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<tr>
<td></td>
<td>Book Club (1st Wed.)*</td>
<td>10:00 a.m. - noon</td>
<td>$0.50</td>
<td>Board Room</td>
</tr>
<tr>
<td></td>
<td>Bridge (Progressive)</td>
<td>6:30 p.m. - 9:00 p.m.</td>
<td>$0.50</td>
<td>West</td>
</tr>
<tr>
<td></td>
<td>Current Events</td>
<td>1:30 p.m. - 3:30 p.m.</td>
<td>$1.00</td>
<td>West</td>
</tr>
<tr>
<td></td>
<td>Cribbage</td>
<td>1:00 p.m. - 4:00 p.m.</td>
<td>$0.50</td>
<td>Auditorium</td>
</tr>
<tr>
<td>Mar. 16</td>
<td>H.E.L.P.*</td>
<td>10:45 a.m. - 11:45 a.m.</td>
<td>16 classes - $48.00</td>
<td>Craft</td>
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<tr>
<td></td>
<td>Knitting</td>
<td>1:00 p.m. - 3:30 p.m.</td>
<td>$0.00</td>
<td>Craft</td>
</tr>
<tr>
<td>Mar. 23</td>
<td>OsLeo Fitness*</td>
<td>9:30 a.m. - 10:30 a.m.</td>
<td>14 classes - $42.00</td>
<td>Craft</td>
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<tr>
<td>Social Bridge</td>
<td>7:00 p.m. - 9:00 p.m.</td>
<td>$0.50</td>
<td>West</td>
<td>Hugh Robin</td>
</tr>
<tr>
<td></td>
<td>Snooker</td>
<td>9:00 a.m. - 10:00 p.m.</td>
<td>$0.50</td>
<td>Snooker</td>
</tr>
<tr>
<td>Apr. 6</td>
<td>Tai Chi*</td>
<td>11:15 a.m. - 12:15 p.m.</td>
<td>12 classes - $36.00</td>
<td>Auditorium</td>
</tr>
<tr>
<td></td>
<td>Volleyball</td>
<td>1:30 p.m. - 3:30 p.m.</td>
<td>$0.50</td>
<td>Cornell</td>
</tr>
<tr>
<td>Apr. 6</td>
<td>Yoga*</td>
<td>7:30 p.m. - 8:30 p.m.</td>
<td>10 classes - $40.00</td>
<td>Craft</td>
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<tr>
<td>Thursday</td>
<td>Baseball</td>
<td>9:00 a.m.</td>
<td>Various</td>
<td>Doug Dey</td>
</tr>
<tr>
<td></td>
<td>Beginner Line Dancing*</td>
<td>2:00 p.m. - 3:00 p.m.</td>
<td>10 classes - $30.00</td>
<td>Auditorium</td>
</tr>
<tr>
<td></td>
<td>Canasta</td>
<td>1:00 p.m. - 4:00 p.m.</td>
<td>$0.50</td>
<td>West</td>
</tr>
<tr>
<td></td>
<td>Casino Rama (2nd Thur)*</td>
<td>9:00 a.m. - 5:00 p.m.</td>
<td>$3.00</td>
<td>Bus Trip</td>
</tr>
<tr>
<td></td>
<td>Chess</td>
<td>10:00 a.m. - noon</td>
<td>$0.50</td>
<td>East</td>
</tr>
<tr>
<td></td>
<td>Crafts</td>
<td>1:00 p.m. - 3:30 p.m.</td>
<td>Craft</td>
<td>Bev Budnik</td>
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<tr>
<td></td>
<td>Cribbage</td>
<td>1:00 p.m. - 4:00 p.m.</td>
<td>$0.50</td>
<td>East</td>
</tr>
<tr>
<td>Mar. 24</td>
<td>Exercise*</td>
<td>9:05 - 10:05 a.m.</td>
<td>5 classes - $10.00</td>
<td>Auditorium</td>
</tr>
<tr>
<td>Mar. 24</td>
<td>Exercise*</td>
<td>10:15 a.m. - 11:15 a.m.</td>
<td>5 classes - $10.00</td>
<td>Auditorium</td>
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<tr>
<td></td>
<td>Snooker</td>
<td>9:00 a.m. - 5:00 p.m.</td>
<td>$0.50</td>
<td>Snooker</td>
</tr>
<tr>
<td></td>
<td>Wood Carving</td>
<td>9:00 a.m. - noon</td>
<td>$0.50</td>
<td>West</td>
</tr>
<tr>
<td>Mar. 31</td>
<td>Yoga*</td>
<td>11:30 a.m. - 12:30 p.m.</td>
<td>12 classes (based on participation)</td>
<td>Auditorium</td>
</tr>
<tr>
<td>Mar. 31</td>
<td>Yoga*</td>
<td>12:45 p.m. - 1:45 p.m.</td>
<td>12 classes (based on participation)</td>
<td>Auditorium</td>
</tr>
<tr>
<td>Apr. 7</td>
<td>Zumba Gold*</td>
<td>3:15 p.m. - 4:15 p.m.</td>
<td>13 classes - $40.00</td>
<td>Auditorium</td>
</tr>
<tr>
<td>Friday</td>
<td>Badminton</td>
<td>9:00 a.m. - 11:00 a.m.</td>
<td>$0.50</td>
<td>Auditorium</td>
</tr>
<tr>
<td></td>
<td>Bridge (Duplicate)</td>
<td>1:00 p.m. - 4:30 p.m.</td>
<td>$0.50</td>
<td>Auditorium</td>
</tr>
<tr>
<td>Apr. 8</td>
<td>Computer Class*</td>
<td>10:00 a.m. - 11:00 a.m.</td>
<td>10 classes - $40.00</td>
<td>Board Room</td>
</tr>
<tr>
<td></td>
<td>Friday Lunch</td>
<td>11:45 - 1:00 p.m.</td>
<td>Dates and costs posted</td>
<td>Auditorium</td>
</tr>
<tr>
<td></td>
<td>4th Fri. - Bingo follows Red’s Burgers $4.00</td>
<td>$5.00 &amp; $2.00 per set</td>
<td>Auditorium</td>
<td>Surinder Singh</td>
</tr>
<tr>
<td></td>
<td>Table Tennis</td>
<td>9:30 a.m. - 12:00 noon</td>
<td>$0.50</td>
<td>West</td>
</tr>
<tr>
<td>Apr. 1</td>
<td>Osteo Fitness*</td>
<td>9:00 a.m. - 10:00 a.m.</td>
<td>13 classes - $39.00</td>
<td>Craft</td>
</tr>
<tr>
<td></td>
<td>Snooker</td>
<td>9:00 a.m. - 5:00 p.m.</td>
<td>$0.50</td>
<td>Snooker</td>
</tr>
</tbody>
</table>

**Spring Activity Schedule**

Programs with the asterik* require pre-registration  Programs without startup dates commence the first week of September
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m. - 10:00 p.m.</td>
<td>9:00 a.m. - 10:00 p.m.</td>
<td>9:00 a.m. - 10:00 p.m.</td>
<td>9:00 a.m. - 5:00 p.m.</td>
<td>9:00 a.m.-5:00 p.m.</td>
</tr>
<tr>
<td>Beginner Bridge</td>
<td>Exercise Class ##</td>
<td>Badminton</td>
<td>Wood Carving</td>
<td>Badminton</td>
</tr>
<tr>
<td>9:30 a.m. - noon</td>
<td>9:05 a.m. - 10:00 a.m.</td>
<td>9:00 a.m. - 11:00 a.m.</td>
<td>9:00 a.m. - noon</td>
<td>9:00 a.m. - 11:00 a.m.</td>
</tr>
<tr>
<td>10:10 a.m. - 11:10 a.m.</td>
<td>11:30 a.m. - 12:30 p.m.</td>
<td>Osteo Fitness##</td>
<td>Casino Rama ##</td>
<td>Osteo Fitness##</td>
</tr>
<tr>
<td>Interm. Line Dancing##</td>
<td>Yoga##</td>
<td>2nd Thursday of month</td>
<td></td>
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</tr>
<tr>
<td>9:30 a.m. - 10:30 a.m.</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Watercolours##</td>
<td>Watercolours##</td>
<td>Band Practice</td>
<td>Exercise Class##</td>
<td>Table Tennis</td>
</tr>
<tr>
<td>10:00 a.m. - noon</td>
<td>10:00 a.m. - noon</td>
<td>10:00 a.m. - noon</td>
<td>10:15 a.m. - 11:15 a.m.</td>
<td></td>
</tr>
<tr>
<td>Mah.-Jong</td>
<td>Acrylic Class##</td>
<td>Chess</td>
<td>Computer Class##</td>
<td></td>
</tr>
<tr>
<td>1:00 p.m. - 4:30 p.m.</td>
<td>10:00 a.m. - noon</td>
<td>10:00 a.m. - noon</td>
<td>10:00 a.m. - 11:00 a.m.</td>
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<tr>
<td>11:45 a.m. - 12:45 p.m.</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H.E.L.P.##</td>
<td>Zumba Gold##</td>
<td>H.E.L.P.##</td>
<td>Yoga##</td>
<td>Friday Lunch</td>
</tr>
<tr>
<td>1:15 p.m. - 2:15 p.m.</td>
<td>1:15 p.m. - 2:15 p.m.</td>
<td>10:45 a.m. - 11:45 a.m.</td>
<td>11:30 a.m. - 12:30 p.m.</td>
<td>Times, Dates &amp; cost posted</td>
</tr>
<tr>
<td>2:30 - 3:30 p.m.</td>
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<td></td>
<td>12:45 p.m. - 1:45 p.m.</td>
<td></td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Cribbage</td>
<td>Book Club</td>
<td>Crafts</td>
<td>Red's Burgers &amp; Bingo</td>
</tr>
<tr>
<td>1:30 p.m. - 4:00 p.m.</td>
<td>1:00 p.m. - 4:00 p.m.</td>
<td>10:00 a.m. - noon</td>
<td>1:00 p.m. - 3:30 p.m.</td>
<td>4th Friday of month</td>
</tr>
<tr>
<td>1st Wednesday of month</td>
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</tr>
<tr>
<td>Mah-Jong</td>
<td>Watercolours##</td>
<td>Tai Chi##</td>
<td>Canasta</td>
<td>Duplicate Bridge</td>
</tr>
<tr>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>2:00 p.m. - 4:00 p.m.</td>
<td>11:15 a.m. - 12:15 p.m.</td>
<td>1:00 p.m. - 4:00 p.m.</td>
<td></td>
</tr>
<tr>
<td>2:30 p.m. - 4:00 p.m.</td>
<td>7:00 p.m. - 9:00 p.m.</td>
<td>Current Events</td>
<td>Cribbage</td>
<td></td>
</tr>
<tr>
<td>Bid Euchre</td>
<td></td>
<td></td>
<td>Euchre</td>
<td>Zumba Gold##</td>
</tr>
<tr>
<td>6:45 p.m. - 10:00 p.m.</td>
<td></td>
<td></td>
<td>1:00 p.m. - 3:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Yoga##</td>
<td></td>
<td></td>
<td>3:15 p.m. - 4:15 p.m.</td>
<td></td>
</tr>
<tr>
<td>7:30 - 8:30 p.m.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Volleyball (Cornell)</td>
<td></td>
<td></td>
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<tr>
<td>1:30 p.m. - 3:30 p.m.</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Dabber Bingo</td>
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<tr>
<td>7:00 p.m. - 9:30 p.m.</td>
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<td></td>
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<tr>
<td>Social Bridge</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>6:30 p.m. - 9:00 p.m.</td>
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<tr>
<td>Yoga##</td>
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</tr>
<tr>
<td>7:30 p.m. - 8:30 p.m.</td>
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</tr>
</tbody>
</table>

As of Mar. 15, 2016

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.