



March 2017

News & Views

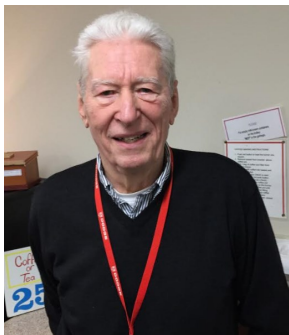
MARKHAM SENIORS ACTIVITY CENTRE



22 WATER STREET, MARKHAM , ONTARIO

PRESIDENT'S REPORT ... Peter Cannon

Hello everyone,
 What a remarkable warm spell we have just enjoyed - blue skies, double digit temperatures, all the birds and small wild creatures obviously enjoying an early taste of spring. We saw quite a few people out on motorcycles on a recent drive along Hwy 7 eastward to Brooklin.



Your Board was given an opportunity to see what MICAH proposed to expand the stock of affordable housing for seniors. I will not attempt to describe the plan; save to say it seems feasible. We asked if MICAH would do a presentation for our members and it has been agreed that they would do this on Monday, March 13th at our Lunch Linger and Learn event. In this way you will know what is going on rather than hear rumours. Tea and coffee will be provided. Bring your own favourite snack.

Elections for our Board will take place in May. The positions to be filled are:

- President • Secretary • Treasurer •
- Assistant Treasurer • Membership Director •
- one other Director

These jobs are vital for the health of our club. Please look into your own skillset and see what you can offer to your club.

It takes time and careful thought to carry out these duties but it can be very rewarding. If you wish to have a summary of the job functions, do please ask our Secretary, Audrey Hillis, who will be happy to oblige. Since I cannot run for office again, I shall be helping with the Nominating Committee.

We are in need of several volunteers for a variety of posts. The most pressing one is for a Special Events Co-ordinator. It is not an easy job but definitely rewarding. The sign-up sheet for an evening event has not yet drawn much interest. Only twenty or so have put in their names. We do need at least sixty or seventy to make it viable to put on an event, so please take a minute to let us know your interest. If you have a specific idea for an event let us know.

Enjoy your club and the many activities it offers. Wear a smile and your badge please. Do offer to help the convenors and remember to say thanks for the work they do.

□ □ □ □ □



March 17, 2017

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

Phone: 905-294-5111 OAlA website: <http://www.markhamseniorcentre.com>

The News & Views is published nine times annually

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LUNCH LEARN LINGER

MARCH

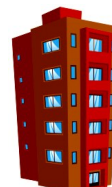
Monday, March 6th 11:45 - 1:30 pm

Tricky Bits starring Ron Guttman
Magician extraordinaire
Cost: \$5.00
Tickets at front desk



Monday, March 13th 12 - 1 pm

MICHA –Mike Clare, Ilon Bergshoeff
Come and hear firsthand about the
new apartment going up next door.



Monday, March 20th 11:45 - 1:00 pm

The Moppets are back to perform
for us. Always a good lesson for living.



Monday, March 27th 11:45 - 1:00 pm

Our own **Melody Makers**
Great music for everyone.
You don't want to miss hearing them.



... *Marjorie Nielsen*
Convenor

Lunch
&
LEARN
meet. eat.

Newsletter Contact- newsandviewsmarkham@gmail.com

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

Wednesday Evening Social Bridge

Progressive Bridge 6:30 pm – 9:00 pm

**Come and enjoy these friendly games.
You don't need to bring a partner.**

**A warm up game often begins by 6:35 pm
in the West Activity Room.
Scoring games begin by 7:00 pm.
Only 50 cents for the evening.**

**Coffee and tea is available next door @ 25 cents.
There will be cookies available in the room @ 0 cent.
Mistakes are never an issue!**



**Hugh Roblin 905-294-1382
Convenor**



THURSDAY AFTERNOON CRAFT GROUP

Winter is getting shorter and spring should be just around the corner.

The Craft Group meets on Thursday afternoon at 1 p.m. in the Craft Room. New members are always welcome. We are equipped with sewing machines, material, patterns, yarn and needles.

We are grateful for donations of BROADCLOTH, THREAD, YARN AND RICK RACK TRIM. Donations can be left at the front desk marked "Crafts".

Sampling of our crafts are in cabinet in foyer and can be purchased from front desk volunteers.

Thank You to all who donate or purchase from the Craft Group.

*... Beverley Budarick
Convenor*



OAIA
Lunch, Linger and Learn

RON GUTTMAN
WITH HIS MAGICAL ENTERTAINMENT



DATE: MONDAY, MARCH 6, 2017

TIME: 11:45 A.M.—1:30 P.M.

Performance from 11:45 a.m.—12:45 p.m.

Bring your lunch to enjoy after the show

Coffee/Tea and Cookies will be served

Price: \$5.00

Tickets available at front desk from Feb. 6th.

(no food or drink will be allowed during the show)

Old Goat Quiz Great mental exercise for the over-60 crowd.



Which of the following names are you familiar with?

1. Monica Lewinsky
2. Donald Trump
3. Obama
4. Adolf Hitler
5. Jorge Bergoglio
6. Nelson Mandela
7. Vladimir Putin
8. Linda Lovelace
9. Saddam Hussein
10. Tiger Woods
11. Bill Clinton



o o o o o

You had trouble with #5, didn't you?



You know all the liars, criminals, adulterers, murderers, thieves, sluts and cheaters, but you don't know the Pope??

Lovely, just lovely....



Submitted by Audrey Hillis

TO ALL O.A.I.A. MEMBERS

Re: Requesting Special Occasion Cards

In order to ensure that all requests for cards be processed accurately, I must advise that I will no longer accept verbal or telephone requests. There are forms at the front desk for your convenience and I will accept e-mailed messages. Please use the following address for your e-mail requests: sully2000@rogers.com

I will require the name and address (including postal code) of the receiving party, your name and I will ask that you clearly define reason for sending the card.



Margaret Yade - Convenor

Parsley Creamed Parsnips

- 1lb parsnips
- 1 cup water
- 1/2 cup milk
- 2 tbsp flour
- 1 tsp grated orange peel
- Chopped parsley
- Salt and pepper to taste



Peel parsnips, then slice into 1/8 inch slices. In large saucepan, over medium heat, heat parsnips, water and a little salt, to boiling. Reduce heat to low, cover and simmer about 10 minutes until parsnips are fork-tender. Drain parsnips, keeping 1/2 cup of liquid. In saucepan, stir flour with milk until well mixed. Add the 1/2 cup of liquid. Heat over low heat, stirring constantly until thickened and smooth. Add a little salt and pepper to taste. Stir in grated orange peel and parsnips. Serve with chopped parsley on top. Serves 4.

Submitted by Susan Holland

Parsnip - Nutritional facts per 100 g

Nutrients mg Percentage

| | | |
|------------------|----------|------|
| Folates | 67 µg | 17% |
| Niacin | 0.700 mg | 4% |
| Pantothenic acid | 0.600 mg | 12% |
| Pyridoxine | 0.90 mg | 7% |
| Riboflavin | 0.050 mg | 4% |
| Thiamin | 0.090 mg | 7.5% |
| Vitamin C | 17 mg | 29% |
| Vitamin K | 22.5 µg | 19% |
| Sodium | 10 mg | <1% |
| Potassium | 375 mg | 8% |
| Calcium | 36 mg | 3.5% |
| Copper | 0.120 mg | 13% |
| Iron | 0.59 mg | 7.5% |
| Magnesium | 29 mg | 7% |
| Manganese | 0.560 mg | 24% |
| Phosphorus | 71 mg | 10% |
| Selenium | 1.8 µg | 3% |
| Zinc | 0.59 mg | 5% |



LUNCHES

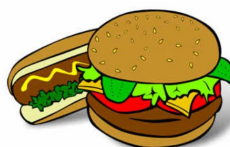
Friday, March 10, noon Club Lunch

- Fish and Chips with coleslaw
- Roll and butter
- Dessert. Tea and coffee \$6.00



Friday, March 24, noon

- Red's burgers, hotdogs and sausages
- Cookies and ice cream
- Tea and coffee \$4.00



I hate it when I see an
old person and then
realize that we went to
high school together



WEDNESDAY AFTERNOON KNITTING CLUB



The Wednesday Afternoon Knitting Club would like to wish everyone a happy spring. It is just around the corner and already people are looking forward to seeing the early flowers.

It hasn't been quite as busy around the Craft Room on Wednesday as many of the members have gone on extended holidays for the winter. June will be back in March, Lillian will be back in April, and I will be gone for the month of March. My co-convenor, Pat, will be looking after things for me.

We have received more yarn from the Markham Towne Quilters Club which will be knitted up in time for the bazaar. Please remember when you are doing your spring cleaning and if you run across some yarn that you will not be using, we can put it to good use.

Have a good month and we will see you in April.

... *Joyce Bulgin*
Convenor



March 2017

- Wed 1st 7:00 pm
- Wed 8th 7:00 pm
- Wed 15th 7:00 pm
- Wed 22nd 7:00 pm
- Fri 24th 1:00 pm
- Wed 29th 7:00 pm



... *Joan Thomas*
Convenor



Audrey Hillis will be looking after Rama for March and April. Thanks Audrey.

- March 9th – bus leaves 9 am
- April 13th – bus leaves 9 am

Sign up early as the bus company must know one week before the trip.



... *Marjorie Nielsen*
Convenor

FROM THE TRAVEL DESK MARCH 2017

As always Famous People Players put on a great show and we all had a good day on February 15th. Thanks to everyone who joined us.

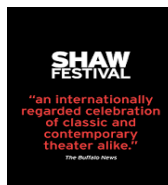
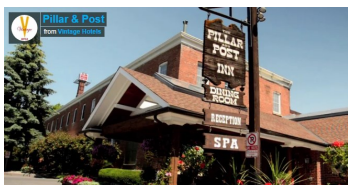
We still have seats available for the trip to **Canada Blooms/Home Show on Wednesday, March 15.** Please sign up at the travel desk before March 1st if you would like to go. The **cost is \$45.00** and that includes round trip coach and entrance fee. Lunch is on your own.



There is a sign-up sheet on the travel desk if you are interested in going **to Woodbine Race Track on Friday, April 21st.** **The cost is \$80.00** which includes round trip coach, buffet lunch at the Woodbine Club Dining Room overlooking the track, daily race program, \$10.00 OLG slot voucher, all taxes and gratuities. For anyone who has already signed the sheet, we will let you know if we have enough people to go.



On Wednesday, May 10th, we are going to the **Shaw Festival to see “Me and My Girl”.** Included in the price of **\$140.00** is a buffet lunch at the Pillar and Post, Orchestra seating, round trip via deluxe coach, all taxes and gratuities. Non-members pay an extra \$5.00. Please don't wait to book this popular trip.



Our **1000 Island Luncheon Cruise takes place on Thursday, June 15th.** This trip includes round trip deluxe coach, mini tour of Kingston, a visit to the Taste of Country Bakery in Belleville, coffee break at the Big Apple and 2 ½ hour hot buffet luncheon cruise from Gananoque as well as all taxes and gratuities. We leave Markham at 7:30 a.m. and arrive back at approximately 8:00 p.m. **The cost is \$100.00 for members and \$105.00 for non-members.**



Please drop by our travel desk to pick up information on any of our trips. Our volunteers will be happy to answer your questions and to make reservations. Let us know if you have any special meal requests or birthday celebrations. What a great way to celebrate a special occasion with your friends.

Happy Travelling

... Carol Aschwanden
Travel Convenor

CURRENT EVENTS PLUS GROUP

March 2017

Gathers Every Wednesday in the West Activity Room

1:30 to 3:30 pm

All OAIA members and their guests are most welcome to join us in sharing friendly, casual, open discussions on current, local, and world events.

The weekly program will consist of the group sharing humour, discussing current and world events and other subjects of interest. Related pictures and videos will be viewed on a large movie screen.

Subjects of interest for future gatherings will also be discussed along with sourcing and who will present them.

March's planned subjects for presentation and discussion will include:

- 1 March** - Prejudice - Empire
- 8 March** - Our Future Cities And Suburbia's
- 15 March** - Happiness
- 22 March** - Genetically Modified Humans [GMH]
- 29 March** - Black Justice - Canada

Do come and join us on Wednesdays after lunch and bring a friend or two. 😊

Please sign in and deposit your \$1.00 on entering.

... *Robin Bryan*
Convenor

From Our Mah-Jong Tables February 2017



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 905-640-2803 -- Muriel Thompson 905-940-1571

Convenors of Mah-Jong - (We accept inquiries)

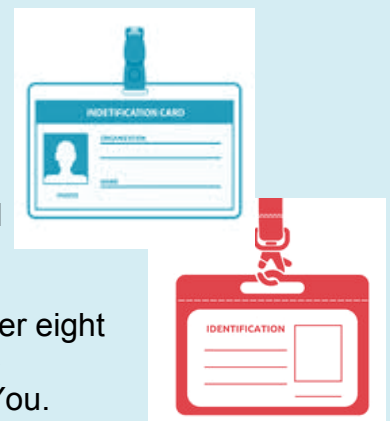
P.S. There is no Mah-Jong played on Holiday Mondays or OAIA Closures

MEMBERSHIP

Convenors

Please see that all your members have their name badges. We still have many **new member badges** at the front desk. Everyone should be wearing their name badge to each activity.

It has been my pleasure to serve as your Membership Director for over eight years. I will not be standing for re-election this May. Please if you are interested, come see me to know what the position involves. Thank You.



Marjorie Nielsen
Membership Director

BAZAAR BULLETIN BAZAAR BULLETIN BAZAAR BULLETIN

THIS YEAR THE BAZAAR WILL BE THE FIRST SATURDAY IN DECEMBER.

PLEASE NO DONATIONS OF WHITE ELEPHANT, JEWELLERY OR BOOKS UNTIL NOVEMBER.

WE HAVE VERY LIMITED SPACE ALLOTTED TO US BY THE CITY OF MARKHAM IN THE STORAGE ROOM, THUS MAKING IT IMPOSSIBLE TO ACCEPT DONATIONS UNTIL NOVEMBER.

THANKS FOR UNDERSTANDING. WE DO APPRECIATE YOUR DONATIONS.

MORE BAZAAR NOTICES TO FOLLOW IN MAY/JUNE.



**MARJORIE NIELSEN AND BEVERLEY BUDARICK
CO-CONVENORS 2017**



YOGA - SPRING

MONDAY or WEDNESDAY EVENING



7:30 to 8:30 PM

**GIVE YOUR BODY THE ATTENTION AND LOVE IT NEEDS
THROUGH BREATHING
AND GENTLE MOVEMENTS**

**IMPROVE STRENGTH, FLEXIBILITY,
POSTURE AND BALANCE**

New Session starts early April 2017

Mondays – April 3 – 11 classes - \$44.00

Wednesdays – April 5 – 13 classes - \$52.00

REGISTER AT FRONT DESK

No class on Holidays

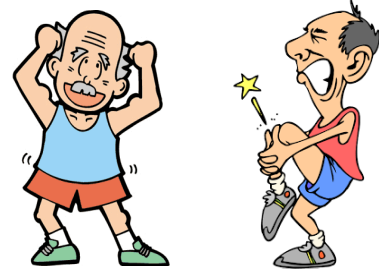
COME OUT and TRY A FREE CLASS any MONDAY or WEDNESDAY EVENING

INSTRUCTOR: Jeela Amin

CONVENORS:

Marilyn Kong 905 294 8793 (Wed)

Dorice Ross 416 524 4001 (Mon)



TAI CHI

NEW SESSION STARTING

WEDNESDAY, MARCH 1, 2017

9 LESSONS—\$27.00



11:15 A.M.—12:15 P.M.

O.A.I.A.



You can make a difference!

O.A.I.A.

VOLUNTEER OPPORTUNITIES

(New positions listed monthly)

It is time to think about who you want to be on the O.A.I.A. Board of Directors. The elections are in May and there are several positions becoming available

President, Secretary, Membership Director, Treasurer, Assistant Treasurer and one other Director.

Please keep a lookout for those who you believe would be valuable assets to our Club and nominate them. If you would like to know more about the requirements of the different offices, please contact

Audrey Hillis, (Secretary)

audreyhillis@gmail.com or (905) 294-6452

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& SATURDAY
10-3:00



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Your concerns are my concerns.



"If you have any issues that you feel need to be addressed please don't hesitate to contact me."

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



MARKHAM
LITTLE
THEATRE
presents

Season Sponsor



Dixon-Garland
funeral home

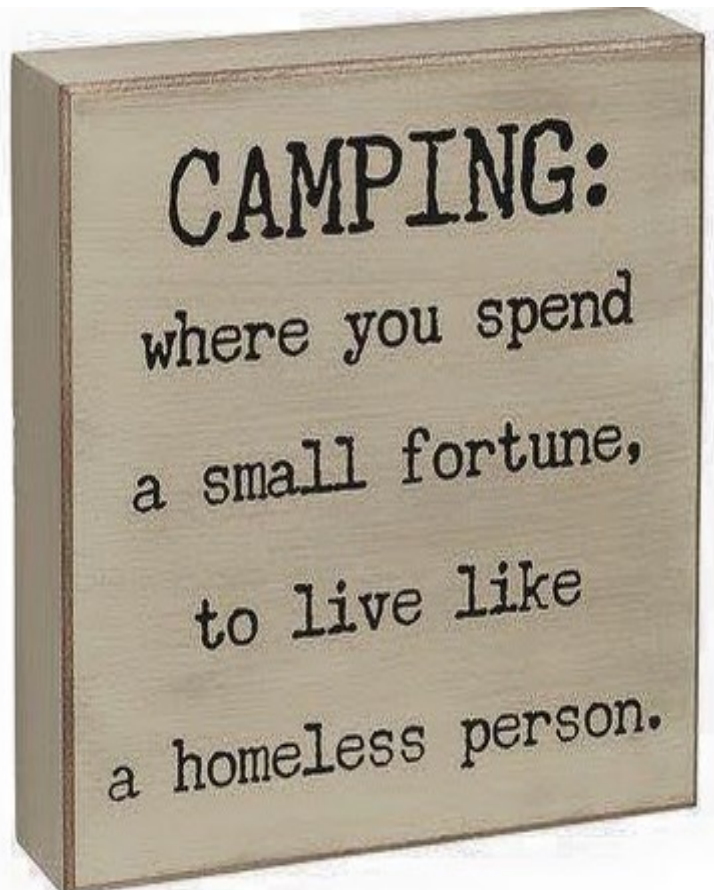
BEDROOM FARCE

A comedy in two acts by
Alan Ayckbourn

Directed by
Michèle Browne

Box Office
905-305-7469

April 26 - 29,
2017 8:00P.M. www.markhamlittletheatre.ca



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 fax: **905-475-4702**

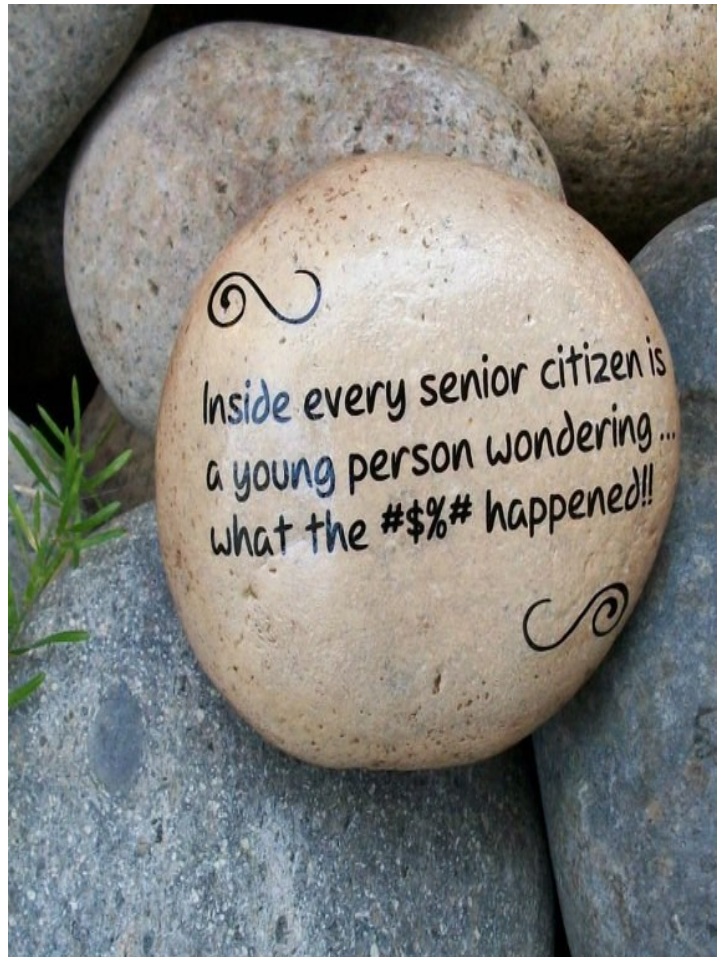
WARD 5
Councillor Colin Campbell

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



Dixon-Garland Funeral Home
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One heart.
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together
and
feel
all right...

Bob Marley



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- Beautiful Amenities including Library, Media Room, Fitness Centre
- 24 hour Health Care Supervision
- In-house physician available
- Social and Recreational Programs

Children Are Quick



TEACHER: Why are you late?

STUDENT: Class started before I got here.

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile?'

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.
(I Love this child)

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.

WINNIE: Me!

TEACHER: Glen, why do you always get so dirty?

GLEN: Well, I'm a lot closer to the ground than you are.

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it.

Now, Louie, do you know why his father didn't punish him?

LOUIS: Because George still had the axe in his hand.....

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON: No sir, I don't have to, my Mum is a good cook.

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

CLYDE: No, sir. It's the same dog. (I want to adopt this kid!!!)

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?

HAROLD: A teacher.

PASS IT AROUND AND MAKE SOMEONE LAUGH

Due to current economic conditions the light at the end of the tunnel has been turned off.



Celebrating their first anniversary.

CECIL AND LOREEN MASSICOTE, AT CHARTWELL SINCE 2015.

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For your light reading enjoyment.....

A doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all the medicines that had been prescribed for her. As the doctor was looking through these, his eyes grew wide as he realized Grandma had a prescription for birth control pills. "Mrs. Smith, do you realize these are birth control pills?" "Yes, they help me sleep at night." "Mrs. Smith, I assure you there is absolutely nothing in these that could possibly help you sleep!" She reached out and patted the young doctor's knee and said, "Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16-year-old Granddaughter drinks. And believe me it definitely helps me sleep at night." You gotta love Grandmas!



A man was riding on a full bus minding his own business when the gorgeous woman next to him started to breast-feed her baby. The baby wouldn't take it so she said, "Come on sweetie, eat it all up or I'll have to give it to this nice man next to us." Five minutes later the baby was still not feeding, so she said, "Come on, honey, Take it or I'll give it to this nice man here." A few minutes later the anxious man blurted out, "Come on kid. Make up your mind! I was supposed to get off 4 stops ago."



Students in an advanced Biology class were taking their mid-term exam. The last question was, 'Name seven advantages of Mother's Milk.' The question was worth 70 points or none at all. One student was hard put to think of seven advantages. He wrote: 1) It is perfect formula for the child. 2) It provides immunity against several diseases. 3) It is always the right temperature. 4) It is inexpensive. 5) It bonds the child to mother and vice versa. 6) It is always available as needed. And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test he wrote: 7) It comes in two attractive containers and it's high enough off the ground where the cat can't get it. He got an A.



An old Italian man in Brooklyn is dying. He calls his grandson to his bedside. "Guido, I wan' youlissima me. I wan' you to take-a my chrome plate 38 revolver so you will always remember me." "But grandpa, I really don't like guns. How about you leave me your Rolex watch instead?" "You lissima me, boy! Somma day you gonna be runna da business, you gonna have a beautiful wife, lotsa money, a big-a home and maybe a couple of bambinos. Then one-a day you gonna comea home and maybe finda you wife inna bed with another man. Whatta you gonna do then? Pointa to you watch and say, 'Times up!' "



A woman and her 12-year-old son were riding in a taxi in Detroit. It was raining and all the prostitutes were standing under awnings. "Mum," said the boy, "what are all those women doing?" "They're waiting for their husbands to get off work," she replied. The taxi driver turns around and says, "Geez lady, why don't you tell him the truth? They're hookers, boy! They have sex with men for money." The little boy's eyes get wide and he says, "Is that true Mom?" His mother, glaring hard at the driver, answers "Yes." After a few minutes the kid asks, "Mum, if those women have babies, what happens to them?" She said, "Most of them become taxi drivers."



An elderly, but hardy cattleman from Texas once told a young female neighbour that if she wanted to live a long life, the secret was to sprinkle a pinch of gunpowder on her oatmeal each morning. She did this religiously and lived to the age of 103. She left behind 14 children, 30 grandchildren, 21 great-grandchildren, five great-great-grandchildren and a 40 foot hole where the crematorium used to be.

