

OAlA OLDER ADULTS *in action*

April 2017

News & Views

MARKHAM SENIORS ACTIVITY CENTRE



22 WATER STREET, MARKHAM , ONTARIO

PRESIDENT'S REPORT

... Peter Cannon

Hello everyone,

We are lucky to have avoided the worst of the recent snowstorm activity. I was relieved that we got only a dusting this past week. Some of our nearby communities were not so fortunate.



As I mentioned last month, elections for our Board of Directors take place in May and there are quite a few positions to be filled. I ask you to consider offering yourself for one of these very important and worthwhile jobs. If you enjoy the club, then the least you can do is to give some help in making it the best it can be for the benefit of all members. It does involve giving time, thought, ideas and even some physical effort but the reward is the positive feedback from other members for a job well done.

Our Vice President has managed to find a qualified person to be our new Choir Director. We used to have a great choir and it was popular with club members who were able to enjoy the weekly rehearsals as well as the two concerts each year. If you like to sing and want to be part of a choir, please do sign up at the Front Desk to show your interest. It would not be worthwhile to start again unless there are at least thirty singers and we need to be ready to start up in September. This is intended to be a

fun activity and the music will be from the popular genre of the last half century or so.

The MICA group gave us a presentation on the proposed new apartment building to be built on part of Cedarcrest Manor parking lot. It will be a five storey free standing structure with 32 one-bedroom apartments and a number of common rooms on its ground floor. Permit has not been issued yet but construction is planned to commence in August 2017 with completion in October/ November 2018. Disruption will be minimized to the greatest extent possible but it is obvious that we club members will have to exercise some patience.

Enjoy your club, wear your badges and a smile. Thank the volunteers who run your favourite activities and do offer to help them with set-up and cleanup.

Spring is nearly here, the birds are coming back, and recently I saw two robins and a redwing blackbird at the bird feeder in our back yard .

△ △ △ △ △ △

Happy Easter
April 16, 2017



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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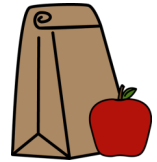
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LUNCH LEARN LINGER

Monday, April 24th 11:45 - 12:45 pm



The Melody Makers

Our own band. Come out and enjoy great music!



... *Marjorie Nielsen*
Convenor

NOTICE

MEMBERSHIP PURCHASE/RENEWAL

THE FRONT DESK WILL NO LONGER BE ABLE TO MAKE CHANGE FOR THOSE WHO ARE PURCHASING A NEW MEMBERSHIP OR RENEWING AN EXPIRED ONE.

AS OF APRIL 1, 2017, YOU WILL BE REQUIRED TO PAY BY CASH (EXACT AMOUNT), CHEQUE OR MONEY ORDER.

Betsy Marquart - Treasurer
Marjorie Nielsen - Director
Gillian Scraggs - Convenor

Newsletter Contact- newsandviewsmarkham@gmail.com

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

BINGO

April 2017

Wed 5th 7:00 pm
 Wed 12th 7:00 pm
 Wed 19th 7:00 pm
 Wed 26th 7:00 pm
 Fri 28th 1:00 pm



... Joan Thomas
 Convenor

LUNCHES

Friday, April 7, 12 noon Club Lunch

Meat loaf with potatoes and vegetables
 Salad
 Roll and butter
 Dessert. Tea and coffee \$6.00



Friday, April 28, 12 noon

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



THURSDAY AFTERNOON CRAFT GROUP

The Craft Group meets on Thursday afternoon at 1 p.m. until 3:30 in the Craft Room. We have been pleased to welcome a few new members and hope they will enjoy their time with us. We are equipped with sewing machines, material, patterns, yarn and needles.

Thank you to anyone who has donated recently – much appreciated. We welcome donations of BROADCLOTH, THREAD, YARN AND RICK RACK TRIM. Donations can be left at the front desk marked "crafts".

We have some new items in the cabinet in the foyer that can be purchased from our front desk volunteers. Our latest addition is throw cushions. Anyone is free to come into the craft room on Thursdays to see what we have for sale as the cabinet is very limited to what we can display.

Spring is just around the corner so enjoy and Happy Easter to all.



... Beverley Budarick
 Convenor



Markham Senior Centre

O.A.I.A.



CHOIR



Commencing this fall

Professional Instructor / Director



Kindly register at the front desk.

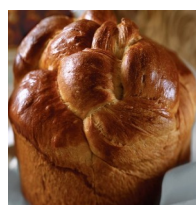


Easter Customs

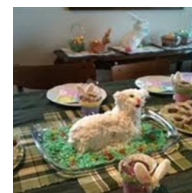
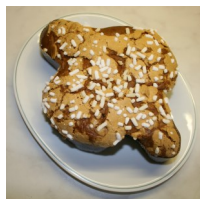


Easter, which falls between March 22 and April 25, has many customs, although some of them are pagan in origin. Exchanging eggs goes back to pre-Christian times, when the eggs were hard boiled and decorated, a tradition still continued today by many people. Hot cross buns stem from the small wheat cakes eaten at the spring festivals in honour of Astarte, the Phoenician fertility goddess.

Simnel cake in Britain was cooked for Mothering Sunday and in Russia many housewives baked a yeast cake, known as Kulich, which was wrapped in a white napkin and taken to church for the priest's blessing. In Portugal, the traditional sweet consists of fine strands of egg yolk called Angel's hair.



The Italians bake Colomba which is similar to Kulich and the Sicilians make Caccata alla Siciliana. In Poland they prepare a large buffet with the centre piece consisting of the Paschal Lamb, made of butter or white sugar.



Decorating eggs

Use eggs with white shells. Hard boiled in spinach water makes the shells green and those boiled in water with a raw beetroot turn red. Onion skins, wrapped round the eggs and tied with brown thread, gives a orange brown mottled look. The Ukranians are famous for their decorated eggs resembling miniature mosaics, tracing designs on uncooked eggs which are dipped, at various stages, in different vegetable dyes.



Natural Dye Coloured Easter Eggs

Submitted by Susan Holland

EASTER SIMNEL CAKE

1/2 lb unsalted butter	6 oz chopped mixed peel
1/2 lb fruit sugar	6 oz raisins
2 large lemons	1 lb currants
4 large eggs	1 tsp mixed spice
14 oz plain flour	Pinch of salt
Large pinch of baking powder	



Cream together the butter and sugar until light and fluffy. Add grated rind from 2 lemons (and squeeze juice from one of the lemons and save for the decoration). Beat in the eggs one at a time and stir in the fruit and peel. Sift flour with the baking powder, salt, and spice, and fold into the creamed mixture. Grease and line a 7 inch round baking cake pan and spoon in the cake mixture. Heat the oven to 300 °F and bake cake for 2 hours and then check for doneness. If still sticky inside, bake up to an additional 30 minutes maximum.

Decoration

4 oz ground almonds	1 large egg
4 oz icing sugar	4 drops lemon essence
4 oz fruit sugar	3 tsp lemon juice



Mix all together and knead thoroughly until the almond paste is smooth. Roll two-thirds of the almond paste out and put on top of the cooled cake. Shape the remaining paste into 11 small balls to represent the Apostles, excluding Judas, and place around the edge of the cake. Add a few small Easter eggs in the centre and a golden Easter chick.

Couscous and Kale Salad

1 1/3 c dried couscous	5 c kale (chopped)
2 c water (for couscous)	1 bell pepper (sliced, any colour)
1/2 c dried cranberries	1/2 red onion (sliced)
1/3 c olive oil	1/2 c feta cheese
3 tbsp balsamic vinegar	1/2 c slivered almonds



Boil water in a pot and remove from heat. Slowly add couscous, stirring constantly until blended. Cover, let stand for 5 minutes, then fluff with fork. Stir in cranberries and let sit. Mix kale, bell pepper and red onion in a large bowl. Add couscous mixture and toss lightly. Add feta cheese and almonds. Whisk oil and vinegar together and pour over salad. Toss until well coated. Serves 4 - 6.



**IMPORTANT INFORMATION
CASINO RAMA PASSENGERS**



The Casino Rama bus has been picking up passengers in front of the Seniors' Centre and it is causing inconvenience to members who require use of the ramp in front of the building to access the Centre.

In an attempt to accommodate the needs of our passengers and other O.A.I.A. members, it has been decided to have the Casino Rama bus stop at the circle in front of 20 Water Street during the months from April to October. Our next scheduled trip will be on April 13th.

The bus will stop in front of the doors at 22 Water Street (Markham Seniors' Centre) from November through March for your convenience. There will be 10 minutes allowed for the bus to pick up passengers and then for the time remaining between the pickup and 9:00 a.m. departure time, the bus will move to the circle to accommodate later arrivals.

**... *Marjorie Nielsen*
Convenor**



**Cornell Community Centre
Older Adults 55+
Special Event**

**Peppertree Klassics
Spring Fashion Show**



**Rehearsal Hall
Tuesday, April 4
1:00pm to 2:00pm**

**FREE!!
Please
register at
Pool Desk**

Always a popular event,
come be inspired by local boutique
Peppertree Klassics
and their latest styles for the upcoming
season!

Refreshments kindly donated by:



AMICA™
at Swan Lake



AMICA™
at Unionville

**For more information, contact Jennifer LeBlanc
jleblanc@markham.ca**

Please note: No photography or recording devices will be allowed
without prior approval by Peppertree Klassics

THE WEDNESDAY AFTERNOON KNITTING CLUB

The Wednesday Afternoon Knitting Club has been in action for the month of March while I have been away.

Pat is doing a good job and things are running smoothly without me.

If any knitting yarn has come in during my absence I will acknowledge them next month.

I hope the snow has melted up there or it will be gone in a few weeks.

Easter is late this year so we should see good weather by then and the early flowers in bloom.

Enjoy the rest of March; spring is right behind.



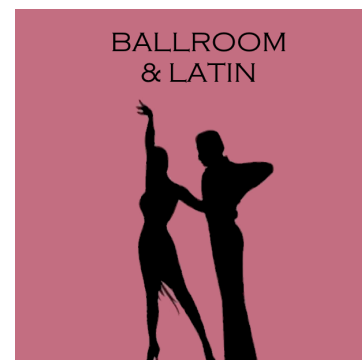
... *Joyce Bulgin*
Convenor



BALLROOM AND LATIN LINE DANCE

THE NEW SESSION OF BALLROOM AND LATIN LINE
DANCING WILL START ON
MONDAY, MARCH 27 FROM 2:30 'TIL 4:00 P.M.
IN THE AUDITORIUM.

For 11 weeks at a cost of \$38.50



JOAN WEEKS (CONVENOR)

905-294-8708

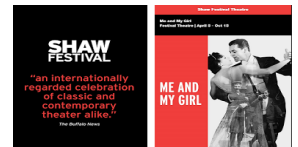


FROM THE TRAVEL DESK APRIL 2017

There is a sign up sheet on the travel desk for those who are interested in going to **Woodbine Race Track/slots on Friday, April 21st. We need at least 35 paid passengers to go.** Please check the sheet to see if there are enough people interested in this trip. 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.



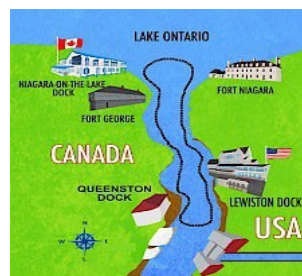
Our trip to the **Shaw Festival, Wednesday, May 10th is sold out** but there is a waiting list if you would like to add your name. We will call you if space becomes available. Just a reminder, we leave Markham at 9:00 a.m. and arrive back at approximately 7:00 p.m.



There are still a few seats left for the **1000 Island Luncheon Cruise on Thursday, June 15th**. This trip will be sold out soon so please don't wait to sign up. For more Information, pick up a flyer at the travel desk.



We have another **luncheon cruise planned for Wednesday, September 27th**. This time we are cruising aboard the **Paddle Wheeler, Niagara Belle** on the Niagara River for 2 ½ hours while we enjoy our delicious lunch. There will be a short visit to Niagara on the Lake before the cruise and a stop at a local winery before heading home. The cost is \$100.00 for members and \$105.00 for non-members. Please pick up a flyer and make reservations at the Travel Desk.



Happy Spring and Happy Travelling

... Carol Aschwanden
Travel Convenor

CURRENT EVENTS PLUS GROUP

April 2017

Gathers Every Wednesday in the West Activity Room

1:30 to 3:30 pm



All OIAA 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.

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

5 April - Nationalism versus Globalism

12 April - Effects of Word and Music on Human Emotions

19 April - Britain's Real Monarch

26 April - Health

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

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



... Robin Bryan
Convenor

BAZAAR BULLETIN BAZAAR BULLETIN BAZAAR BULLETIN

THIS YEAR THE BAZAAR WILL BE THE FIRST SATURDAY IN DECEMBER (Dec. 2/17)

PLEASE NO DONATIONS OF WHITE ELEPHANT, JEWELLERY OR BOOKS UNTIL EARLY NOVEMBER. WE MUST STICK BY THIS RULE.

WE HAVE VERY LIMITED SPACE ALLOTTED TO US BY THE CITY OF MARKHAM IN THE STORAGE ROOM FOR THE ABOVE MENTIONED ITEMS THUS MAKING IT IMPOSSIBLE TO ACCEPT DONATIONS BEFORE 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)



Submitted by Elizabeth Price

From Our Mah-Jong Tables April 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 OIA Closures

**What will I be when I grow up?
This is just too priceless not to share!**



AND you think you are old.....

She must have amazing Genes.

A Grand Lady



Jeanne Louise Calment had the longest confirmed human lifespan on record: 122 years and 164 days.

It seems that fate strongly approved of the way Madam Calment lived her life.

Jeanne was born in Arles, France, on 21st February 1875.



When the Eiffel Tower was built, she was 14 years old.

It was at this time that she met Vincent van Gogh.

'He was dirty, badly dressed and disagreeable' she recalled in an interview given in 1988.

When she was 85, she took up fencing, and she was still riding on her bike when she reached 100.

When Jeanne was 114, she starred in a film about her life.

At 115 she had an operation on her hip, and at 117 she gave up smoking (having started at the age of 21 in 1896).

Apparently, she didn't give up for health reasons,

But because she didn't like having to ask someone to help her light a cigarette once she'd become almost blind.

In 1965, Jeanne was 90 years old and had no heirs.

She signed a deal to sell her apartment to a 47-year-old lawyer called André-François Raffray.

He agreed to pay her a monthly sum of 2,500 francs on the condition that he would inherit her apartment after she died.

However, Raffray not only ended up paying Jeanne for 30 years, but died before she did at the age of 77.

His widow was legally obliged to continue paying Madam Calment.

Until the end of her days, Jeanne retained sharp mental faculties.

When she was asked on her 120th birthday what kind of future she expected to have, she replied: 'a very short one.'

Quotes and rules of life from Jeanne Calment:

- 'Being young is a state of mind, it doesn't depend on one's body. I'm actually still a young girl, it's just that I haven't looked so good for the past 70 years.'
- 'I've only got one wrinkle, and I'm sitting on it.'
- 'All babies are beautiful.'
- 'I've been forgotten by our good lord.'
- 'I'm in love with wine.'
- 'Always keep your smile. That's how I explain my long life.'
- 'If you can't change something, don't worry about it.'
- 'I have a huge desire to live and a big appetite, especially for sweets.'
- 'I never wear mascara; I laugh until I cry too often.'
- 'I see badly, I hear badly, and I feel bad, but everything's fine.'
- 'I think I will die of laughter.'
- 'I have legs of iron, but to tell you the truth, they're starting to rust and buckle a bit.'
- 'I took pleasure when I could. I acted clearly and morally and without regret. I'm very lucky.'
- *At the end of one interview, in response to a journalist who said he hoped they would meet again the following year: She told him, 'Why not? You're not that old, you'll still be here.'*



I saw her on TVO when she was 120. When asked why she quit smoking at 115, she looked at the camera and said "I was afraid I'd get hooked."

Phil

Pet Valu Walk for Dog Guides

Hi everyone,

This year I am honoured to be chairing the Markham Dog Guide Walk.

Whether you reside in Markham, Kingston, Calgary, Halifax or elsewhere this information will hopefully be of interest to you as Dog Guide Walks are not only held across Canada but also internationally.

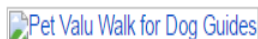
The Lions Foundation of Canada Dog Guides training facility is located in Oakville, Ontario.

If you scroll down you will be able to click on the [Walk website](#) and find the location and date in your area, no matter what part of our beautiful country you live in. The Dog Guide web address is included as well. I encourage you to check it out when you have the time. Should you wish to obtain a pledge form and walk your dog and/or donate - wonderful! If not, then it will still be an interesting and worthwhile read.



Thank you!

Lion Elizabeth Price
Markham Lions Club



SAVE THE DATE!

Lions Foundation of Canada Dog Guides is excited to officially announce a new partnership with Pet Valu as our title sponsor for the 2017 Walk for Dog Guides. We are thrilled that Pet Valu has chosen to support our Foundation in such a significant way.

Last year, over 240 communities across Canada helped us to raise a record-breaking

\$1,305,517.38

With the generous support of sponsors, both at the national and local level, 100% of funds raised by all participants will go directly towards our six Dog Guide programs. This ensures all donations to the Pet Valu Walk for Dog Guides will fulfill the mission of providing Dog Guides at no cost to Canadians with a physical or medical disability.

The national date for this year's
Pet Valu Walk for Dog Guides is
Sunday, May 28th



Please check the [Walk website](#) for Walk dates in your area.

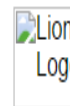
[CLICK HERE TO FIND A WALK NEAR YOU AND REGISTER!](#)

We hope we can count on your participation this year! For more information about the Walk, or to donate, please visit the Walk website at www.walkfordogguides.com.

For further details, please contact

Merilyn DeFazio (Lethbridge)
Manager, Pet Valu Walk for Dog Guides and Events
[1-800-768-3030 Ext. 231](tel:1-800-768-3030)
mdefazio@dogguides.com

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Lions Foundation of Canada Dog Guides

152 Wilson Street Oakville, ON L6K 0G6

Phone: [905-842-2891](tel:905-842-2891) Toll Free: [1 \(800\) 768-3030](tel:1-800-768-3030)

www.dogguides.com www.walkfordogguides.com

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Are your dentures not
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right?***

***Do you experience pain / discomfort with
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***Have you had your dentures professionally cleaned and polished in the
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Rules for Denture Care

- ✓ Clean them daily and handle with care
- ✓ Look after your whole mouth. Even if you have complete denture you still need to care for your gums.
- ✓ See your dentist. You still need to see your dentist at least once a year.
- ✓ Watch for changes in fit.



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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

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 **MARKHAM**
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 presents

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Directed by
Michèle Browne

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2017 8:00P.M. www.markhamlittletheatre.ca

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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*

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

Monalisa after one week in USA



Before



After

“I didn’t expect to feel so comfortable here.”



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You can expect an all-inclusive community that is personalized to you with a range of first-class amenities and services. You can choose care and support options tailored to your unique needs and preferences.

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Call today to arrange a visit and a complimentary lunch.



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at Swan Lake

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Amica at Swan Lake
6360 16th Avenue, Markham
905-201-6058

Celebrating their first anniversary.

CECIL AND LOREEN MASSICOTE, AT CHARTWELL SINCE 2015.

It's been one year since Cecil and Loreen decided to move out of their house and into one of our residences. See the whole story and discover why they chose to write the next chapter at Chartwell.

CHARTWELL.COM



Make us part of your story.

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289-378-6654

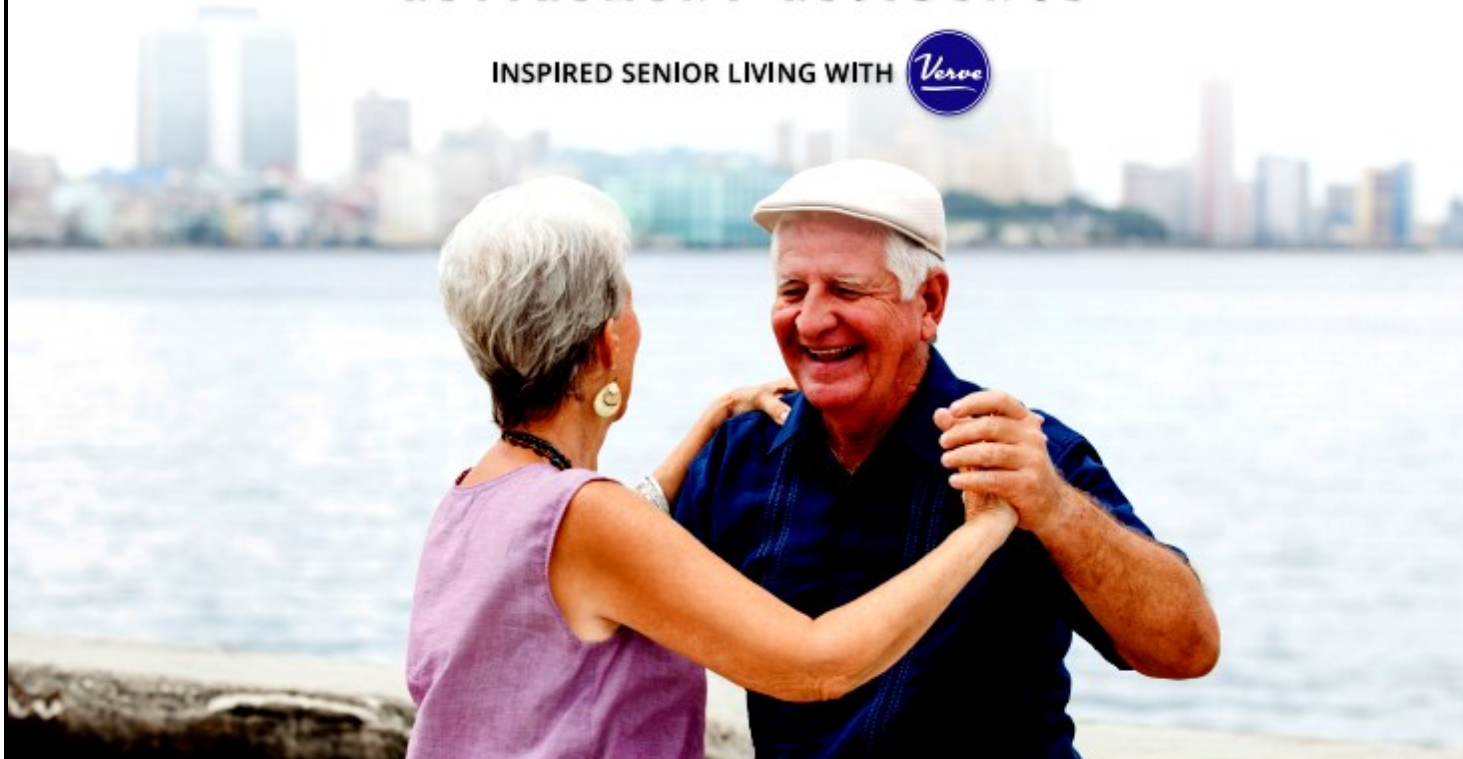


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Sharing experiences, interests, and talents through unexpected and inclusive activities is a cornerstone of the Verve way of life.

You talked, and we listened.

Capture the vibrant, inspiring energy at Stouffville Creek Retirement Residence with more programs, more outings, and more entertainment.

Call us today to book a personal tour and stay for a complimentary lunch.



Exceptional *Services* and 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
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- In-house physician available
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905-642-2902 | 40 FREEL LANE, STOUFFVILLE, ON | www.verveseniorliving.com

LIVE A LIFE *filled with Verve*

UPCOMING EVENTS

PLEASE RSVP TO ALL EVENTS AND NOTE THAT SPACE IS LIMITED! SO CALL SOON.



Community BrainGym & More

A Multi-Sensory Brain Stimulation Program

THURSDAY, APRIL 6TH FROM 11:15-12:00 NOON

THURSDAY, MAY 4TH FROM 11:15-12:00 NOON

THURSDAY, JUNE 1ST FROM 11:15-12:00 NOON

Join our Brain Gym and More sessions and learn to take control of your breathing, mobility, coordination, stress and memory. Exercise your brain, body and feel great this Spring!



Hands On Exotics

THURSDAY, APRIL 13TH FROM 2PM - 4PM

Skip the trip to the Zoo and join us at Stouffville Creek Retirement Residence and experience the unexpected through hands on therapy and activities!



Romance In Music

TUESDAY, MAY 9TH FROM 2PM - 4PM

Enjoy some romantic jazz and popular music of the 20s through 80s with Patricia Duffy. Stay, sing, snack and discover the finest in Retirement living!



Jamming With Jay Vazquez

TUESDAY, JUNE 6TH FROM 2PM - 4PM

Relish in Jay Vazquez's musical gift with popular hit renditions of Frank Sinatra, Nat King Cole, Ella Fitzgerald, Doris Day and Paul Anka. Join us for some tasty refreshments!



**SPRING 2017
CORNELL OLDER ADULT (55+)
DROP-IN PROGRAMS**

MONDAY, MARCH 20TH to FRIDAY, JUNE 23RD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALK & TALK 9:00AM-10:00AM CORNELL FITNESS TRACK (please sign in at fitness desk)	LINE DANCE (BEGINNER) 9:30AM-10:30AM YOUTH CENTRE BETTY	CARDIO EXERCISE (ADVANCED) 9:30AM-10:30AM OLDER ADULT ROOM VIVIAN	CARDIO & STRENGTH & BALANCE 9:30AM- 10:30AM OLDER ADULT ROOM CHARMAINE	LINE DANCE (ADVANCED) 9:30AM-10:30AM GROUP FITNESS STUDIO BETTY
ZUMBA 9:30AM-10:30AM GROUP FITNESS STUDIO ROSEANNE	YOGA 10:45AM-11:45AM YOUTH CENTRE TRACIE	STRENGTH & FLEXIBILITY 10:45AM-11:45AM OLDER ADULT ROOM VIVIAN	YOGA 10:45AM-11:45AM YOUTH CENTRE CHARMAINE	
STRENGTH & BALANCE 10:45AM-11:45AM OLDER ADULT ROOM ROSEANNE	CHAIR YOGA 12:30PM-1:30PM OLDER ADULT ROOM PARUL			

ALL OLDER ADULT PROGRAMS AT CORNELL COMMUNITY CENTRE ARE DROP-IN ONLY, NO PRE-REGISTRATION

\$4.00 PER CLASS FOR INSTRUCTOR-LEAD PROGRAMS

CARDIO EXERCISE	STRENGTH EXERCISE	LINE DANCE
YOGA	CHAIR YOGA	ZUMBA


TICKET SALES WILL START 30 MINUTES BEFORE THE PROGRAM START TIME AND END 5 MINUTES BEFORE CLASS START TIME.
TICKETS CAN BE PURCHASED AT FRONT DESK.

IN CONSIDERATION OF SAFETY, THERE ARE LIMITS ON CLASS NUMBERS.

For more information please contact Barb Lant at 905-477-7000 ext .4344 or blant@markham.ca

All drop-in classes are cancelled on Monday April 17th (Easter), Friday April 14th (Good Friday), Monday May 22nd (Victoria Day)

PROGRAM DESCRIPTIONS

<p><u>Cardio Exercise</u> This class is for those who are looking for a challenging cardio-only workout in a safe environment, ending with a stretch component. Suited to the more advanced participant.</p>	<p><u>Cardio & Strength & Balance</u> For anyone who just wants to get moving! The instructor will provide modifications for all exercises- standing and sitting. Improve your balance, flexibility, bone density, power and coordination while increasing injury protection.</p>	<p><u>Chair Yoga</u> This is a gentle form of Yoga practiced sitting in a chair or standing using a chair for support. No complicated or complex movements, but the same benefits of a traditional Yoga class – relax your body and mind, improve your fitness and flexibility and elevate your health and well-being.</p>
<p><u>Line Dance- Beginner</u> Come and enjoy this great dance and exercise program by learning the step-by-step line dancing techniques. No partner is necessary.</p>	<p><u>Line Dance- Advanced</u> Once you have mastered the beginners Line Dancing class, this is the next step. This program will focus on more movements- a fun program for everyone.</p>	<p><u>Strength & Balance</u> This is an exercise program designed specifically for Seniors. It will focus on muscle development, balance and flexibility. All abilities are welcome.</p>
<p><u>Strength & Flexibility</u> A great class for the novice, or someone returning to fitness. Light cardio followed by moderate muscle conditioning and ending with a stretch and relax segment.</p>	<p><u>Walk & Talk</u> Join other Older Adults for an informal time of walking on our indoor track. Sign in and pay for this session at our Fitness Centre.</p>	<p><u>Yoga</u> Join our certified Yoga instructor as she leads you through a series of stretches that will gradually increase your flexibility, building strength and creating balance while reducing stress.</p>
<div style="text-align: center;">  <p>OLDER ADULTS 55+ SPECIAL EVENTS!</p> <p>Keep an eye out for event posters throughout Cornell Community Centre in the coming months</p> </div>		

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Snooker 9:00 a.m. - 10:00 p.m.	Snooker 9:00 a.m. - 10:00 p.m.	Snooker 9:00 a.m. - 10:00 p.m.	Snooker 9:00 a.m. - 10:00 p.m.	Snooker 9:00 a.m. - 10:00 p.m.	Snooker 9:00 a.m. - 5:00 p.m.	Snooker 9:00 a.m. - 5:00 p.m.	Snooker 9:00 a.m. - 5:00 p.m.	Snooker 9:00 a.m. - 5:00 p.m.	Snooker 9:00 a.m. - 5:00 p.m.
Beginner Bridge 9:30 a.m. - noon	Exercise Class ## 9:00 a.m. - 10:00 a.m. 10:05 a.m. - 11:10 a.m.	Badminton 9:00 a.m. - 11:00 a.m.	Badminton 9:00 a.m. - 11:00 a.m.	Badminton 9:00 a.m. - 11:00 a.m.	Wood Carving 9:00 a.m. - noon	Wood Carving 9:00 a.m. - noon	Wood Carving 9:00 a.m. - noon	Badminton 9:00 a.m. - 11:00 a.m.	Badminton 9:00 a.m. - 11:00 a.m.
Interm.Line Dancing ## 9:30 a.m. - 10:30 a.m.	Yoga ## 11:30 a.m. - 12:30 p.m.	Osteo Fitness## 9:30 a.m. - 10:30 a.m.	Osteo Fitness## 9:30 a.m. - 10:30 a.m.	Osteo Fitness## 9:30 a.m. - 10:30 a.m.	Casino Rama ## 9:00 a.m. - 5:30 p.m. 2nd Thursday of month	Casino Rama ## 9:00 a.m. - 5:30 p.m. 2nd Thursday of month	Casino Rama ## 9:00 a.m. - 5:30 p.m. 2nd Thursday of month	Osteo Fitness ## 9:00 a.m. - 10:00 a.m.	Osteo Fitness ## 9:00 a.m. - 10:00 a.m.
Watercolours ## 9:30 a.m. - noon	Watercolours ## 9:30 a.m. - noon	Band Practice 10:00 a.m. - noon	Band Practice 10:00 a.m. - noon	Band Practice 10:00 a.m. - noon	Exercise Class ## 9:00 a.m. - 10:00 a.m. 10:15 a.m. - 11:15 a.m.	Exercise Class ## 9:00 a.m. - 10:00 a.m. 10:15 a.m. - 11:15 a.m.	Exercise Class ## 9:00 a.m. - 10:00 a.m. 10:15 a.m. - 11:15 a.m.	Table Tennis 9:30 a.m. - 12:00 noon	Table Tennis 9:30 a.m. - 12:00 noon
Lunch, Linger & Learn Dates, times, cost posted 11:45 a.m. - 12:45 p.m.	Mah.-Jong 1:00 p.m. - 4:30 p.m.	Acrylic Class ## 9:30 a.m. - noon	Acrylic Class ## 9:30 a.m. - noon	Acrylic Class ## 9:30 a.m. - noon	Chess 10:00 a.m. - noon	Chess 10:00 a.m. - noon	Chess 10:00 a.m. - noon	Computer Class ## 10:00 a.m. - 11:00 a.m.	Computer Class ## 10:00 a.m. - 11:00 a.m.
Table Tennis 1:30 p.m. - 4:00 p.m.	Zumba Gold ## 1:15 p.m. - 2:15 p.m. 2:30 - 3:30 p.m.	H.E.L.P. ## 10:45 a.m. - 11:45 a.m.	H.E.L.P. ## 10:45 a.m. - 11:45 a.m.	H.E.L.P. ## 10:45 a.m. - 11:45 a.m.	Yoga ## 11:30 a.m. - 12:30 p.m. 12:45 p.m. - 1:45 p.m.	Yoga ## 11:30 a.m. - 12:30 p.m. 12:45 p.m. - 1:45 p.m.	Yoga ## 11:30 a.m. - 12:30 p.m. 12:45 p.m. - 1:45 p.m.	H.E.L.P. ## 10:15 a.m. - 11:15 a.m.	H.E.L.P. ## 10:15 a.m. - 11:15 a.m.
Mah-Jong 1:30 p.m. - 4:30 p.m.	Cribbage 1:00 p.m. - 3:00 p.m.	Book Club 10:00 a.m. - noon 1st Wednesday of month	Book Club 10:00 a.m. - noon 1st Wednesday of month	Book Club 10:00 a.m. - noon 1st Wednesday of month	Crafts 1:00 p.m. - 3:30 p.m.	Crafts 1:00 p.m. - 3:30 p.m.	Crafts 1:00 p.m. - 3:30 p.m.	Friday Lunch Times, Dates & cost posted	Friday Lunch Times, Dates & cost posted
Latin Line Dance ## 2:30 p.m. - 4:00 p.m.	Watercolours ## 1:30 p.m. - 4:00 p.m.	Tai Chi ## 11:15 a.m. - 12:15 p.m.	Tai Chi ## 11:15 a.m. - 12:15 p.m.	Tai Chi ## 11:15 a.m. - 12:15 p.m.	Canasta 1:00 p.m. - 4:00 p.m.	Canasta 1:00 p.m. - 4:00 p.m.	Canasta 1:00 p.m. - 4:00 p.m.	Red's Burgers & Bingo 4th Friday of month	Red's Burgers & Bingo 4th Friday of month
Badminton 4:30 p.m. - 6:30 p.m.	Pickle Ball 7:00 p.m. - 9:30 p.m.	Current Events 1:30 p.m. - 3:30 p.m.	Current Events 1:30 p.m. - 3:30 p.m.	Current Events 1:30 p.m. - 3:30 p.m.	Cribbage 1:00 p.m. - 3:00 p.m.	Cribbage 1:00 p.m. - 3:00 p.m.	Cribbage 1:00 p.m. - 3:00 p.m.	Duplicate Bridge 1:15 p.m. - 4:30 p.m.	Duplicate Bridge 1:15 p.m. - 4:30 p.m.
Bid Euchre 6:30 p.m - 10:00 p.m.		Euchre 1:00 p.m. - 3:30p.m.	Euchre 1:00 p.m. - 3:30p.m.	Euchre 1:00 p.m. - 3:30p.m.	Zumba Gold ## 3:15 p.m. - 4:15 p.m.	Zumba Gold ## 3:15 p.m. - 4:15 p.m.	Zumba Gold ## 3:15 p.m. - 4:15 p.m.		
Yoga## 7:30 - 8:30 p.m.		Knitting 1:00 p.m. - 3:30 p.m.	Knitting 1:00 p.m. - 3:30 p.m.	Knitting 1:00 p.m. - 3:30 p.m.	Beginner Line Dancing## 2:00 p.m.-3:00 p.m.	Beginner Line Dancing## 2:00 p.m.-3:00 p.m.	Beginner Line Dancing## 2:00 p.m.-3:00 p.m.		
		Volleyball (Cornell) 1:30 p.m. - 3:30 p.m.	Volleyball (Cornell) 1:30 p.m. - 3:30 p.m.	Volleyball (Cornell) 1:30 p.m. - 3:30 p.m.					
		Progressive Bridge 6:30 p.m. - 9:00 p.m.	Progressive Bridge 6:30 p.m. - 9:00 p.m.	Progressive Bridge 6:30 p.m. - 9:00 p.m.					
		Dabber Bingo 7:00 p.m. - 9:30 p.m.	Dabber Bingo 7:00 p.m. - 9:30 p.m.	Dabber Bingo 7:00 p.m. - 9:30 p.m.					
		Yoga## 7:30 p.m. - 8:30 p.m.	Yoga## 7:30 p.m. - 8:30 p.m.	Yoga## 7:30 p.m. - 8:30 p.m.					

AS OF APRIL 1, 2017