



June 2017

News & Views

MARKHAM SENIORS ACTIVITY CENTRE  22 WATER STREET, MARKHAM , ONTARIO

PRESIDENT'S REPORT ... Peter Cannon

Hello everyone,
 This is my last report to you as President and I wish to express my gratitude to the membership for the trust which has been accorded to me and the kindnesses which have come my way this past four years. I shall miss writing to you as I usually do it in the late evening hours when I can cogitate unhurriedly.



As you know by now, you have a new Board of Directors and I hope you will give them the support which is necessary for our club to flourish and grow. I offer my congratulations to the elected members and thank all of those who volunteered for a position and all those members who did vote.

If you have fresh ideas for activities in the club, please put them in writing and sign the paper. The Board cannot deal with unsigned requests or suggestions according to our Constitution and By-laws.

During the summer months our baseball guys have a marvelous time. I do not know much about the game but am planning to go out and see them in action. I'm sure it will be entertaining and perhaps instructive.

Most of our activities are continuing through the summer, perhaps not quite so busy but fun nonetheless. I know many go off to cottages

and on trips once the fine weather arrives and I hope they will come back even more energized.

The Mothers' Day Luncheon was a huge success. A great big THANK YOU to Jeanne Colvin who put this occasion together and to her team of wonderful volunteers. I certainly hope that there will be some more events like this and am sure the new Board will welcome them.

The annual picnic will be held this month and I suggest you get your tickets as soon as they become available. Numbers have to be limited and we know what disappointment feels like.

Finally, I wish to thank the members of OAIA Board of Directors who have served with me during this past four years. They have given their time and effort to promoting the well-being of our club and it was an honour to preside over the many meetings and discussions. As Past President I shall still be taking an interest in club affairs and offering such help as I am able.



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

President
Mark Barrett

Vice President
Mike Huffman

Publisher
Jean Lew

Proofreader
Marjorie Nielsen

Treasurer
(Betsy Marquart)

Assistant Treasurer
(Shirley Eison)

Secretary
Audrey Hillis

Membership Director

Directors
Fred DiBello
Mike Hayes
Helena Miscampbell
Ellie Mosher
Wendy Wise



The Mother's Day Lunch was a great success but couldn't have been enjoyed by all without the help of:

Liz Fletcher (MC)	Marjorie Nielsen
Norma Matus	Audrey Hillis
Muriel Smilie	Sylvia Clark
Mary Lou Busato	Ellie Mosher
Joyce McDowell	

Special thanks to the following merchants of Markham and Councillors for donating the many generous gifts and delicious food:

Lynn (Amica at Swan Lake)
Melanie (Amica at Unionville)
Kristen (Oak Ridges Retirement)
Dawn (Stouffville Creek Retirement)
Anna (Chartwell at Rouge Valley)
Sandra (Sunrise Senior Living)
Karen Rea (Ward 4 Councillor)
Colin Campbell (Ward 5 Councillor)

Thank you again!
Jeanne Colvin

Newsletter Contact- newsandviewsmarkham@gmail.com

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

**DON'T FORGET YOUR TICKET
AND NAME BADGE**

**WELCOME
ALL O.A.I.A MEMBERS**



ANNUAL PICNIC

MONDAY, JUNE 26, 2017

DOORS OPEN AT 11:00 A.M.

LUNCH FROM 11:30 A.M.—1:00 P.M.

GAMES FROM 1:00 P.M.—2:30 P.M.

A LIMITED NUMBER OF TICKETS WILL BE AVAILABLE

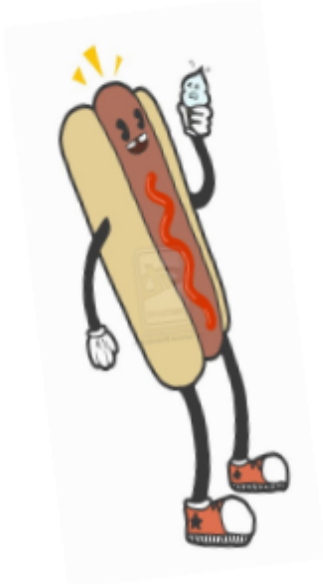
AT THE FRONT DESK FROM MAY 16th

SO PLEASE GET YOURS EARLY.

ONE TICKET PER PERSON (SPOUSAL EXCEPTION)

FREE

**HAMBURGERS, HOT DOGS, ICE CREAM AND ASSORTED
COLD BEVERAGES**



**LOTS OF FUN
AND
PRIZES!**



Kitchen News

Red's burgers are taking a holiday in July and August so Friday, June 16th, will be the last one until September, when both Club Lunches and Red's burgers will resume.

Friday Lunch, June 16th



We are lucky to have such dedicated volunteers to help with these meals so if you see **Gloria Wilson, Robin Bailey, Margaret Attridge, Dorice Ross or Ellie Mosher**, give them a big "Thank You."

Susan Holland
Kitchen Convenor



June 2017

Wed 7th 7:00 pm
 Wed 14th 7:00 pm
 Fri 16th 1:00 pm
 Wed 21th 7:00 pm
 Wed 28th 7:00 pm

July

Wed 5th 7:00 pm
 Wed 12th 7:00 pm
 Wed 19th 7:00 pm
 Wed 26th 7:00 pm

August

Wed 2nd 7:00 pm
 Wed 9th 7:00 pm
 Wed 16th 7:00 pm
 Wed 23rd 7:00 pm



... Joan Thomas
Convenor

THE WEDNESDAY AFTERNOON KNITTING CLUB

Knitting Group



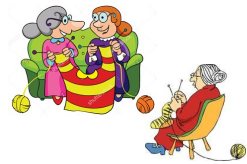
The ladies of the Wednesday Afternoon Knitting Club would like to wish everyone a good summer. Let's hope it isn't as dry as last year.

We are working away on the donated yarn hoping we can make something you might be interested in. The display cabinet will have several items in it from our group and they will be changed periodically throughout the summer.

One request before the end of the year, please, if you are cleaning out, remember us. We can always use your yarn. Just pack it up in a bag, put my name on it and drop it off at the front desk any time you are over at the Centre. I will acknowledge it in the September News and Views.

Have a good summer, be safe and see you all in September!

... Joyce Bulgin
Convenor



A SPECIAL MESSAGE TO ALL

MEMBERS OF O.A.I.A.

TREASURER AND ASSISTANT TREASURER POSITIONS

We are in urgent need of a Treasurer at this time and invite anyone with bookkeeping experience and accounting QuickBook knowledge to step forward and help us out. We have engaged Kreston G.T.A. accountants to oversee our operations and handle government filings and Notice to Reader annual review. If suitable, you would be appointed as Treasurer to our Board of Directors and would be expected to attend one meeting per month and contribute approximately six hours per week to input data, write cheques and produce monthly financial statements. Shirley Eison, who has just ended her term as Assistant Treasurer has consented to stay on to assist you until a replacement can be obtained for her position as well. That position involves counting money, making bank deposits and providing backup help to the Treasurer. Please call the front desk between 9:00 a.m.—3:30 p.m. at (905) 294-5111, leave your name, the reason for your call and our new President, Mark Barrett will be pleased to phone you back.

**POLLO IN PORCHETTA RECIPE
(Chicken Stuffed With Ham)**

This is a Tuscan dish.

Stuff a chicken with thickish fingers of cooked ham (about 6 oz for a 3-4 lb bird), a clove or two of garlic, and a few strips of fennel (either root or stalks and leaves), and some black pepper. Preheat oven at 350 °F. Put the stuffed chicken in a covered casserole with 2 tbsp butter and 1/2 cup of stock or water. Cook for about 2 hours, basting after an hour and turning the oven down to 300 °F.

Serves 4-6 From "Italian Food" by Elizabeth David

Submitted by Susan Holland



YOGA — BACK FOR THE SUMMER
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 July 2017

Mondays – July 10 – 6 classes - \$24.00

Wednesdays – July 5 – 8 classes - \$32.00

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)



Growing old is
hard work...
the mind says
"yes" but, the
body says "what
the hell are you
thinking"



FROM THE TRAVEL DESK JUNE 2017

I would like to thank Mary Lou for taking over for me on the trip to the Shaw Festival on May 10th. I hear the trip was a great success, especially the lunch and scenery at the Rockway Vineyards. Everyone had a great time.

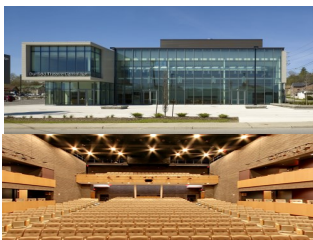
On Thursday, June 15th, the 1000 Island luncheon cruise is sold out with a waiting list. This is going to be a full day leaving Markham at 7:30 a.m. and arriving back at 8:00 p.m. Please check in at least 15 minutes prior to departure.

Our next trip for the luncheon cruise on the Niagara River, Wednesday, September 27th is sold out but there is a waiting list if you wish to put your name on it.

On Wednesday, November 1st, we're off to the Ripley's Aquarium of Canada in Toronto, with lunch at the Hot House Cafe as well as a city tour with Toronto Historian Bruce Bell. We leave Markham at 8:45a.m. and arrive back at approximately 5:00p.m. The cost is \$89.00 for members and \$94.00 for non-members



Our last trip for 2017 is on Thursday, December 7th to the Dunfield Theatre to see Beauty and the Beast, a visit to the St. Jacobs market and a buffet lunch at the Crossroads Restaurant. We top off the trip with a Wonderful Gift of Life Christmas Lights Tour. We leave at 8:00a.m. and arrive back at approximately 7:30p.m. The cost is \$110.00 for members and \$115.00 for non-members. Please pick up one of the flyers for more information.



In June, the travel desk will be open Tuesday, Wednesday and Thursday.

We will be closed July and August.

Happy Travelling!

... Carol Aschwanden
Travel Convenor

BAZAAR NOTICE - SATURDAY, DECEMBER 2nd, 2017

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, JEWELLERY AND BOOKS UNTIL NOVEMBER 6th DUE TO LACK OF STORAGE SPACE.

ITEMS 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, TVs OR COMPUTER EQUIPMENT, AND GOLF CARTS.
DONATIONS ACCEPTED UNTIL THURSDAY NOVEMBER 30th.

JEWELLERY: GOOD TIME TO RECYCLE YOUR BEADS, BROACHES, BRACELETS AND EARRINGS - MEN'S AND WOMEN'S JEWELLERY/SINGLE EARRINGS.
DONATIONS ACCEPTED UNTIL THURSDAY NOVEMBER 30th.

BAKE TABLE: SQUARES,PIES,TARTS,CAKES,MUFFINS, ETC. ALSO REMEMBER US WHEN MAKING PRESERVES, JAMS, JELLIES, PICKLES AND RELISH, ETC.
DONATIONS ACCEPTED ON FRIDAY DECEMBER 1st.

BOOKS: BOTH HARD AND SOFT COVERED. NO LANGUAGE BOOKS, ENCYCLOPEDIAS, READERS' DIGESTS, INSTRUCTION MANUALS, NATIONAL GEOGRAPHIC.
DONATIONS ACCEPTED UNTIL THURSDAY NOVEMBER 30th.

***IMPORTANT NOTE - PLEASE NO DONATION OF WHITE ELEPHANT, JEWELLERY AND BOOKS ON FRIDAY DECEMBER 1st AS THE CLUB IS CLOSED FOR SET UP.**

*Donations
Welcome!*

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



SUMMER ZUMBA

**** Pay as you go**

Instructor: Wayne Williams

Starts: Tuesday, June 20 - Tuesday, Aug 22

Convenors: Nancy Brown

Cost: \$3.50 per class

Martine Fleming

Maximum: 35 participants

Denise Leadbetter



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 6th, 2017.**

THANKS FOR UNDERSTANDING. WE DO APPRECIATE YOUR DONATIONS.



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



Bazaar Bazaar Bazaar Bazaar

ANNUAL O.A.I.A. BAZAAR - SATURDAY DECEMBER 2, 2017 - 9:30 to 1:30

SHOPPING AND LUNCH ROOM FEATURES.....

BAKE TABLE - AUDITORIUM – HOMEMADE GOODIES

BOOK ROOM - IN LOUNGE – BOTH HARD & SOFT COVERED BOOKS

CRAFTS - CRAFT ROOM

KNITTING - WEST ACTIVITY ROOM

JEWELLERY - EAST ACTIVITY ROOM

LUNCH ROOM - AUDITORIUM – MUFFIN/COFFEE/TEA AND/OR LUNCH FEATURING
HOMEMADE SOUPS

SILENT AUCTION - FRONT LOBBY

WHITE ELEPHANT - AUDITORIUM

SOMETHING FOR EVERYONE SO HOPE TO SEE YOU AT THE BAZAAR. A CHANCE TO GET
SOME UNIQUE GIFTS AND RELAX OVER COFFEE/MUFFIN OR LUNCH.

SEE BAZAAR NOTICE IN THIS EDITION OF ITEMS THAT CAN BE DONATED AND TIMES OF
DROP OFF. THANKS EVERYONE FOR YOUR CONTINUED SUPPORT.

Marjorie Nielsen and Beverley Budarick
Convenors

WATERCOLOUR & MORE with Vita Keeling

Classes start up in the Fall :

Monday September 25, Mornings 9:30 am to Noon
 Tuesday September 26, Mornings 9:30 am to Noon
 Tuesday September 26, Afternoons 1:30 pm to 4 pm

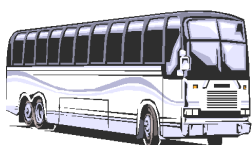
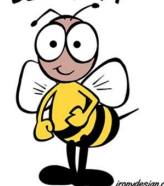
Come and paint with us...it's fun!
 All levels welcome.

Register at the Front Desk...in the Activity Binder



I have so many problems that if a new one comes along today, it will be at least two weeks before I can worry about it.

DON'T WORRY BEE HAPPY



Thursday, June 8th
 Thursday, July 13th

Thursday, August 10th
 Thursday, September 14th



Remember the bus leaves at 9 am sharp from the circle in front of 20 Water St.

Please sign up in August for the Sept 14th trip as the Centre will be closed from Monday, Aug 28th until Tuesday, Sept 5th at 9:00 am. I must give the bus company 1 week notice of how many and must have 45 or we pay \$20.00 per person under 45 people.

Marjorie Nielsen
 Convenor

See you all on the June trip.



CURRENT EVENTS PLUS GROUP

June and July/August 2017



Gathers Every Wednesday in the West Activity Room

June 1:30 to 3:30 pm ☐☐ July/August 1:00 to 3:00 pm

All OAlA 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.

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

- 7 June :** A Pale Blue Dot (Humanity and Morality)
- 14 June :** Canada's Birthday
- 21 June :** What is Gentrification
- 28 June :** Fleetwood Mac Rock Band

July and August gatherings will continue on Wednesday afternoons; however, we will not have a pre-planned program. Do come and enjoy each others' company and bring a friend or two along with you. 😊

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

... *Robin Bryan*
Convenor

55+ YORK REGION SUMMER GAMES UPDATE

CRIBBAGE AND BID EUCHRE

The 55+ York Region Games held their cribbage tournament at Stouffville 55+ Seniors Club on Wednesday, May 3, 2017. O.A.I.A. Markham Seniors Centre was well represented with 7 teams. It is becoming the norm for O.A.I.A. to have at least one winner and this year was no exception – **Betty Hoover and Russell Wilson** walked away with the **Silver Medal**. Congratulations Betty and Russ on a job well done. Another member of our club, **Betty Moir**, a participant of the event, won the 50/50 draw. Congratulations to Betty. Participants enjoyed desserts, tea, coffee, and condiments supplied by Stouffville Creek Retirement Residence. They have been a great supporter of the 55+ games and other events at our club and others in our area.

△ △ △ △ △ △ △ △ △ △ △ △ △ △ △ △

O.A.I.A. hosted the 55+ York Region Games – bid euchre tournament on Wednesday, May 17, 2017. A combined effort by Amica at Unionville, Amica at 16th, and Chartwell Rouge Valley Retirement Residences supplied the food, drinks, and prizes for the event. Players enjoyed some delicious sweets and fresh fruit with their tea, coffee, and water. We are fortunate to have such a good relationship with our local seniors residences. As usual, O.A.I.A. was well represented at the games and we had two more winners - **Betty Hoover and Derek Gardner** won the **Silver Medal** and **Linell Curr and Don Garland** walked away with the **Bronze Medal**. Congratulations on a job well done – Betty and Derek – Linell and Don.

Medals for all events will be presented at a later scheduled date.



Bid Euchre Winners

Silver Medal (2nd)

Derek Gardner and Betty Hoover

Bronze Medal (3rd)

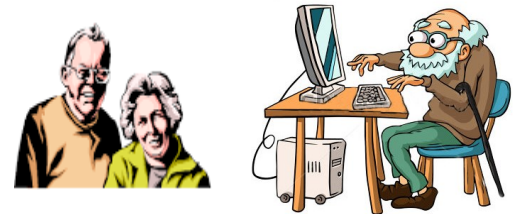
Don Garland and Linell Curr

What is a Senior Citizen?

A Senior Citizen is one who was here before:
the pill, television, frozen foods, contact lenses,
credit cards.....and before man walked on the moon.



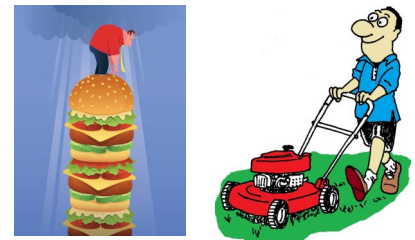
For us, “Time Sharing” meant togetherness, not
holiday homes, and a “chip” meant a piece of wood.
“Hardware” meant nuts and bolts, and “Software” wasn’t
even a word.



We got married first, then lived together, and thought
cleavage was something that butchers did.
A “stud” was something that fastened a collar to a shirt,
and “going all the way” meant staying on a double decker
to the bus depot.



We thought “fast food” was what you are in lent; a “Big Mac”
was an oversized raincoat and “crumpet” we had for tea.
In our days, “grass” was mown, “pot” was something you cooked in,
“coke” was kept in the coal house and a “joint” was cooked on Sundays!



We are today’s SENIOR CITIZENS.
A hardy bunch when you think how the world has changed!



Submitted by Marcia Paci

From Our Mah-Jong Tables June 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

Tuesday Mah-Jong

In the Craft Room from 1:00 to 4:30 PM



NOTICE

THERE WILL BE 'NO TEACHING BEGINNERS' EITHER THE ASIAN OR NATIONAL MAH-JONG METHOD DURING JUNE, JULY & AUGUST 2017

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.

Alex Chan 905-472-1551 -- Muriel Thompson 905-940-1571

Convenors of Mah-Jong (We accept inquiries)

P.S. There is no Mah-Jong on Statutory Holidays or OAlA Closures

From the Mah-Jong Group

I have decided to retire as a volunteer at Markham Senior Activity Centre, June 30, 2017. Since my husband and I have moved to a retirement community away from Markham, I find that my interests now are volunteering in the community where we have moved.

I have found someone to take my place as a Mah-Jong convenor and we have a wonderful group of players that are familiar with the activity and know what the procedures are.

I have enjoyed being a member of the Markham Senior Activity Centre since I joined in January, 2001.

I have met so many Club members over the years who have enriched my life in some way.

There are a lot of dedicated and hard working volunteers at O.A.I.A., which certainly have made this Club what it is today.

Thank you for the opportunity to be part of it. I will miss all these acquaintances, however, life marches on.

Sincerely,

Marcia Paci



Music as Precision Medicine: Could Music Take the Place of Drugs?

Published on April 28, 2017 Featured in: [Big Ideas & Innovation](#), [Entertainment](#), [Healthcare](#), [Technology](#)



Azeem Azhar

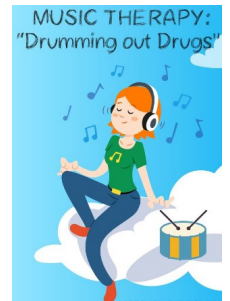
Follow Azeem Azhar

exponential tech | startups | product

Research has shown that music alleviates pain; in one particular study done with post-operative patients, half the group listened to an hour of music after the surgery, while the other half got standard care without music.

Results were fascinating: the group that listened to the music self-administered only 1/3 of morphine compared to the other group. The results have been replicated in numerous studies, encouraging researchers and musicians to keep on exploring the relationship between sound and well-being.

I learned this during my conversation with Marko Ahtisaari, the CEO and co-founder of [The Sync Project](#) — a collaborative venture of scientists, musicians, technologists and patients, working towards developing functional music. This includes sounds that respond to each individual body with a goal of enabling certain state of being, and serve as precision medicine.



Marko believes that non-drug modalities, such as music, video games or lighting will completely or partially come in place of drug therapy within ten years time.

The power of data and AI will play a role in this, enabling our devices to learn about our needs and individual physiology, and administer proper “treatment” to reach certain outcomes. The group launched Unwind.ai this March — an experiment in assisting relaxation with generative music made by combining data about your heart rate, machine learning and human musicianship.



Submitted by Mike Huffman

From the Publisher

Another year of publishing News and Views has gone by already. Thank you everyone especially the convenors for your timely submissions throughout the year. You have made my job easier. Without our wonderful and efficient team of publishing volunteers and their support, there would be no newsletter to publish. Please note that there will be no newsletters for July and August. Submissions for the September edition must be in by August 20th. Have a happy and safe summer everyone! See you in September.

Jean Lew (Publisher) 😊

THURSDAY AFTERNOON CRAFT GROUP



The Craft Group meets on Thursday afternoon at 1 p.m. until 3:30 in the Craft Room. We are equipped with sewing machines, material, patterns, yarn and needles.

We welcome donations of BROADCLOTH, THREAD, YARN AND RICK RACK TRIM. PLEASE NO UPHOLSTERY MATERIAL, SILKS, SATINS OR KNITS. Donations can be left at the front desk marked "crafts".

We have some new items in the cabinet in foyer that can be purchased from front desk volunteers. Our latest addition is throw cushions, yoga bags and yoga pillows. Our biggest seller continues to be towels for the oven door - new colours available. We also have some lap robes and shawls.

Anyone is free to come into the craft room on Thursday afternoon to see what we have for sale as the cabinet is very limited to what we can display.



... Beverley Budarick
Convenor



Acrylic Painting

with Donna Metcalf

Classes start in the Fall

Wednesday, September 27 • Mornings: 9:30 to Noon

All levels welcome. Come join the fun!

Register at the front desk... in the Activity Binder



LUNCH LEARN LINGER

Mondays, June 5th and 12th

No programs

Monday June 19th

11:45 - 12:45 pm

The Melody Makers

Come out to hear our own band.

Last time until Monday, Sept. 25th



There will be no programs in July and August.

Have a great summer.

... Marjorie Nielsen
Convenor

Please join me at the following **FREE** upcoming summer events. Hope to see you there.

Seniors Consumers Awareness Event

Thursday, June 22 • 6-8 pm
Auditorium, Markham Seniors Activity Centre

Join us to learn more about:

- Door-to-door sales
- Shopping tips
- Online safety
- Frauds and scams
- Identity theft
- Signing a contract

Community BBQ

Sunday, August 20 • 1-4 pm
Memorial Park
Stouffville (Burkholder Street, west of Park Drive)

Come out for a Free BBQ, Performances and Kids Activities



For more information on any of these events, please contact my office:



Happy Canada Day

Pancake Breakfast — part of the Stouffville Strawberry Festival

Saturday, July 1 • 8-10 am
Latcham Hall
8 Park Drive, Stouffville

Join me along with co-hosts, Dr. Jane Philpott, MP, and Mayor Justin Altmann for some free pancakes.

We will be accepting donations of non-perishable food items for the local food bank.



Dr. Helena Jaczek, MPP
Oak Ridges-Markham

137 Main St. North, Suite 204 Markham, ON L3P 1Y2
T 905-294-4931 | F 905-294-0014 | TF 1-866-531-9551
hjaczek.mpp.co@liberal.ola.org | helenajaczek.ca
@HelenaJaczek | /DrHelenaJaczek



You're invited!

Annual Ward 4 BBQ

Join me on June 24th 12pm-2pm
for a BBQ, Ice cream & Entertainment



Location:
Markham District Vets Hall
7 Washington St.

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

THE MANY STYLES OF SUMMER



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

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



www.peachtreeoriginals.com

905-471-0096



MARKHAM LITTLE THEATRE

Our 2017 - 2018 Season

The Season That Starts At



LIVE THEATRE

On a First Name Basis

A comedy by Norm Foster

September 6 - 9, 13 - 15 and 20 - 23, 2017
at MLT's BACKSTAGE (Markham Museum)

Jitters

A comedy by David French

November 15 - 18, 2017

I'll Be Back Before Midnight

A thriller by Peter Colley

February 14 - 17, 2018

Perfect Wedding

A comedy by Robin Hawdon

May 2 - 5, 2018



Subscribe **TODAY**
and **SAVE**

Box office
905-305-7469
or download form
from our website
markhamlittletheatre.ca

Season Sponsor



Dixon-Garland
funeral home

Show Sponsors



AginCourt HYUNDAI

Wishing you all a wonderful spring & summer!

I am proud to be your Ward 5
Councillor. Please contact me
with your Ward 5 comments and
concerns! 905-479-7750



Colin Campbell
City of Markham

ccampbell@markham.ca



Hon. Jane Philpott

Member of Parliament - Markham—Stouffville



JanePaulinePhilpott



@JanePhilpott



My office is here to help you with federal departments, services & programs:

- . Citizenship
- . Immigration
- . Passport Canada
- . Canada Revenue Agency (CRA)
- . Canada Child Benefit (CCB)
- . Canada Pension Plan (CPP)
- . Old Age Security (OAS)
- . Guaranteed Income Supplement
- . Employment Insurance (EI)
- . Canada Student Loans
- . Veterans Affairs
- . Federal grants & funding
- . Canada 150
- . Canadian flags & pins
- . Celebratory certificates

Constituency Office: 6060 Main Street, Stouffville, ON, L4A 1B8

905.640.1125 • jane.philpott@parl.gc.ca

www.janephilpottmp.ca

Dixon-Garland Funeral Home

www.dixongarland.com | 905-294-2030



Such is the nature of that morrow which today has already seen, yet it greets us each time afresh with the morning dew of wonder in its eyes.

Johann Wolfgang Von Goethe



Moments That Matter

CHARTWELL ROUGE VALLEY
5958 16th Avenue, Markham
289-378-6654 • CHARTWELL.COM



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



Feeling at home means enjoying the things you like to do. Which is why at Amica, you can always enjoy your day the way you like to – read your book in a quiet corner or enjoy a snack when you want to.

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.

Independent Living • Assisted Living

Expect More.™



Call today to arrange a visit and a complimentary lunch.



AMICA™
at Swan Lake

amica.ca

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

STOUFFVILLE CREEK

RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH



- ALL INCLUSIVE SUITES -
STARTING AS LOW AS \$3,310

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
- 24 hour Health Care Supervision
- In-house physician available
- Social and Recreational Programs

***Are your dentures loose?
Are your dentures not
fitting properly or don't feel
right?***

***Do you experience pain / discomfort with
your dentures?***

Broken or chipped denture?

***Have you had your dentures professionally cleaned and polished in the
last year?***



Poorly fitted dentures can cause sores, pain and burning. Gums and bones in our mouth change over time, which can lead to improper denture fit.

Call us at **Unionville Denture Clinic** for a **consultation** to see how we can help.

Our services include: Complete Dentures, Partial Dentures, Implant Dentures, Same day denture repair/reline, soft liners.

With a Dental Laboratory on site, we can provide you with fast and high quality services.

Located at **6061 Hwy 7 East, Markham, ON L3P 3B2**

Major intersection: Markham and Hwy 7

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 denturist. You still need to see your denturist at least once a year.
- ✓ Watch for changes in fit.



Unionville
DENTURE CLINIC

Tel. 905-554-3555

Some things
just feel right.



You deserve the **Oak Ridges** lifestyle!

If your wish list for a perfect retirement includes good friends, beautiful surroundings, superb service and a choice of enjoyable activities each day, then Oak Ridges is about to make your dreams come true.

Call today to arrange your personal tour and lunch.
We can help you design your perfect retirement!

ONLY A FEW SUITES REMAINING!
Independent, Assisted Living & Respite Suites Available

Kristen or Catherine at (905) 773-4220
12925 Yonge St, Richmond Hill
Info@OakRidgesRetirement.com
OakRidgesRetirement.com

Oak Ridges
Retirement Community *by Signature*



Since 2002

Caregiver Services Ltd.



Let Our Family Help Care For Yours

*Personal Care • Home Care • Respite Care • 24 Hour Care
Medication Reminding • Meal Preparation • Mobility Assistance
Light Housekeeping • Laundry • Companionship • Transportation
At Home, Hospitals or Residences*

The Most Compatible Caregiver For Your Needs - Fully Screened, Insured and Bonded

Call - 905-642-9494

Markham Stouffville Health Centre 102-377 Church St, Markham, Ontario L6B 1A1



www.caregiverservices.ca



... more... PHILOSOPHIES to brighten your life.....

We never get what we want,

We never want what we get,
We never have what we like,
We never like what we have.
And still we live and love.
That's life...

The best kind of friends,

Is the kind you can sit on a porch and swing with,
Never say a word,
And then walk away feeling like it was the
Best conversation you've ever had.

It's true that we don't know

What we've got until it's gone,
But it's also true that we don't know
What we've been missing until it arrives.

Giving someone all your love is never an Assurance that they'll love you back!

Don't expect love in return;
Just wait for it to grow in their heart,
But if it doesn't, be content it grew in yours.

It takes only a minute to get a crush on someone,

An hour to like someone,
And a day to love someone,
But it takes a lifetime to forget someone.

Don't go for looks; they can deceive.

Don't go for wealth; even that fades away.
Go for someone who makes you smile,
Because it takes only a smile to
Make a dark day seem bright.
Find the one that makes your heart smile!

May you have

Enough happiness to make you sweet,
Enough trials to make you strong,
Enough sorrow to keep you human,
And enough hope to make you happy.

Always put yourself in others' shoes.

If you feel that it hurts you,
It probably hurts the other person, too.

The happiest of people

Don't necessarily have the best of everything;
They just make the most of everything that
Comes along their way.
Happiness lies for
Those who cry,
Those who hurt,
Those who have searched,
And those who have tried,
For only they can appreciate the importance of people
Who have touched their lives.

When you were born, you were crying

And everyone around you was smiling.
Live your life so that when you die,
You're the one who is smiling
And everyone around you is crying.

Please give this message

To those people who mean something to you,
To those who have touched your life
In one way or another,
To those who make you smile when you really need it.
To those that make you see the brighter side of things
When you are really down,
To those who you want to know
That you appreciate their friendship.

And if you don't, don't worry,

Nothing bad will happen to you.
You will just miss out on the opportunity
To brighten someone's life with this message...



DAY		TIME	COST	ROOM	CONVENOR
Monday	Beginner Bridge	9:30 a.m. - noon	\$0.50	Craft	Frank Smart
	Bid Euchre	6:45 p.m. - 10:00 p.m.	\$2.00	Craft	Audrey Hillis
	Mah Jong	1:30 p.m. - 4:30 p.m.	\$0.50	Craft	Muriel Thompson
	Snooker	9:00 a.m. - 10:00 p.m.	\$0.50	Snooker	Shirley Eison
	Table Tennis	1:30 p.m. - 4:00 p.m.	\$0.50	East	Alex Chan
	10-Jul	Wood Carving	9:00 a.m. - noon	\$0.50	West
10-Jul	Yoga*	7:30p.m. - 8:30 p.m.	6 weeks - \$24.00	Auditorium	Dorice Ross
Tuesday					
	Baseball	9:30 a.m.	Spring and summer program	Various	Doug Dey
	Cribbage	1:00 p.m. - 4:00 p.m.	\$0.50	East	Jean Lafond
11-Jul	Exercise*	9:00 a.m. - 10:00 a.m.	6 classes (based on participation)	Auditorium	Lyn Bryan
11-Jul	Exercise*	10:10 a.m. - 11:10 a.m.	6 classes (based on participation)	Auditorium	Nancy Campbell
	Mah Jong	1:00 p.m. - 4:00 p.m.	\$0.50	Craft	Alex Chan
	Pickle Ball	7:00 p.m. - 9:00 p.m.	\$0.50	Auditorium	Cha Pin Lee
	Snooker	9:00 a.m. - 10:00 p.m.	\$0.50	Snooker	Shirley Eison
	Wood Carving	9:00 a.m. - noon	\$0.50	West	Mickey Hughes
11-Jul	Yoga*	11:30 a.m. - 12:30 p.m.	6 classes (based on participation)	Auditorium	Gerry Milligan
20-Jun	Zumba Gold*	2:00 p.m. -3:00 p.m.	\$3.50 per class	Auditorium	Nancy Brown
Wednesday					
	Badminton	9:00 a.m. - 11:00 a.m.	\$0.50	Auditorium	Lewis Roberts
	Band Practice	10:00 a.m. - 12:00 noon	\$0.50	West	Mike Holdsworth
	Book Club (1st Wed.)*	10:00 a.m. - noon	\$0.50	Board Room	Karen Ridgley
	Bridge (Progressive)	6:30 p.m. - 9:00 p.m.	\$0.50	West	Hugh Roblin
	Current Events	1:00 p.m. - 3:00 p.m.	\$1.00	West	Robin Bryan
	Dabber Bingo	7:00 p.m. - 9:30 p.m.	\$.50 & \$2.00 per set	Auditorium	Joan Thomas
	Euchre	1:00 p.m. - 3:30 p.m.	\$1.10	Auditorium	Lloyd Black
12-Jul	H.E.L.P.*	10:45 a.m. - 11:45 a.m.	6 weeks, - \$18.00	Craft	Linda Samek
	Knitting	1:00 p.m. - 3:30 p.m.	\$0.00	Craft	Joyce Bulgin
12-Jul	Osteo Fitness*	9:30 a.m. - 10:30 a.m.	6 classes - \$18.00	Craft	Lyn Bryan
	Social Bridge	7:00 p.m. - 9:00 p.m.	\$0.50	West	Hugh Roblin
	Snooker	9:00 a.m. - 10:00 p.m.	\$0.50	Snooker	Shirley Eison
5-Jul	Tai Chi*	11:15 a.m. - 12:15 p.m.	\$3.00 per class	Auditorium	Audrey Hillis
	Volleyball	1:30 p.m. - 3:30 p.m.	\$0.50	Cornell	Joe Signorello
	Wood Carving	9:00 a.m. - noon	\$0.50	West	Mickey Hughes
5-Jul	Yoga*	7:30 p.m. - 8:30 p.m.	9 week session - \$36.00	Craft	Wendy Wise
Thursday					
	Baseball	9:00 a.m.		Various	Doug Dey
	Beginner Line Dancing*	2:00 p.m. - 3:00 p.m.		Auditorium	Marilyn Kong
	Canasta	1:00 p.m. - 4:00 p.m.	\$0.50	West	Joan Gomes
	Casino Rama (2nd Thur)*	9:00 a.m. - 5:00 p.m.	\$3.00	Bus Trip	Marjorie Nielsen
	Chess	10:00 a.m. - noon	\$0.50	East	Les Miscampbell
	Crafts	1:00 p.m. - 3:30 p.m.		Craft	Bev Budarick
	Cribbage	1:00 p.m. - 4:00 p.m.	\$0.50	East	Jean Lafond
13-Jul	Exercise *	9:05 - 10:05 a.m.	Based on participation	Auditorium	Lyn Bryan
13-Jul	Exercise*	10:15 a.m. - 11:15 a.m.	Based on participation	Auditorium	Nancy Campbell
	Snooker	9:00 a.m. - 5:00 p.m.	\$0.50	Snooker	Shirley Eison
	Wood Carving	9:00 a.m. - noon	\$0.50	West	Mickey Hughes
Friday					
	Badminton	9:00 a.m. - 11:00 a.m.	\$0.50	Auditorium	Lewis Roberts
	Bridge (Duplicate)	1:00 p.m. - 4:30 p.m.	\$0.50	Auditorium	Bob Ysseldyk
14-Jul	H.E.L.P.	10:15 a.m. - 11:15 a.m.	6 weeks - \$24.00	Craft	Wendy Wise
	Table Tennis	9:30 a.m. - 12:00 noon	\$0.50	West	Alex Chan
14-Jul	Osteo Fitness*	9:00 a.m. - 10:00 a.m.	6 weeks, - \$18.00	Craft	Lyn Bryan
	Snooker	9:00 a.m. - 5:00 p.m.	\$0.50	Snooker	Shirley Eison
Summer Activity Schedule					
Programs with the asterik* require pre-registration			Programs without startup dates commence the first week of September		

O.A.I.A. 22 Water St.SUMMER SCHEDULE2017 L3P 7P9

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. - 5:00 p.m.	Snooker 9:00 a.m.-5:00 p.m.
Wood Carving 9:00 a.,m. - noon	Wood Carving 9:00 a.,m. - noon	Badminton 9:00 a.m. - 11:00 a.m.	Wood Carving 9:00 a.m. - noon	Badminton 9:00 a.m. - 11:00 a.m.
Beginner Bridge 9:30 a.m. - noon	Exercise Class ## 9:05 a.m. - 10:00 a.m. 10:10 a.m. - 11:10 a.m.	Book Club 10:00 a.m. - noon 1st Wednesday of month	Casino Rama ## 9:00 a.m. - 5:30 p.m. 2nd Thursday of month	Table Tennis 9:30 a.m. - 12:00 noon
Table Tennis 1:30 p.m. - 4:00 p.m.	Mah.-Jong 1:00 p.m. - 4:30 p.m.	Tai Chi ## 11:15 a.m. - 12:15 p.m.	Chess 10:00 a.m. - noon	Duplicate Bridge 1:30 p.m. - 4:30 p.m.
Mah-Jong 1:30 p.m. - 4:30 p.m.	Zumba Gold ## 1:30 p.m. - 2:30 p.m.	Current Events 1:0 p.m. - 3:0 p.m.	Canasta 1:00 p.m. - 4:00 p.m.	
Bid Euchre 6:45 p.m. - 10:00 p.m.	Cribbage 1:00 p.m. - 4:00 p.m.	Euchre 1:00 p.m. - 3:30p.m.	Cribbage 1:00 p.m. - 4:00 p.m.	
Yoga## 7:30 - 8:30 p.m.	Pickle Ball 7:00 p.m. - 9:00 p.m.	Knitting 1:00 p.m. - 3:30 p.m.		
		Dabber Bingo 7:00 p.m. - 9:30 p.m.		
		Social Bridge 6:30 p.m. - 9:00 p.m.		
		Yoga 7:30 p.m. - 8:30 p.m.		
As of June, 2017				

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.