



November 2017

News & Views

MARKHAM SENIORS ACTIVITY CENTRE



22 WATER STREET, MARKHAM , ONTARIO

PRESIDENT'S REPORT

... Mark Barrett

Hello everyone,

I hope you are enjoying the unseasonably warm weather. Although welcome, it feels strange to experience it along with the changing of the colours of the leaves. Unfortunately, the longer nights and the dark mornings have returned.



We are indeed fortunate to be living in Canada. News of racial tensions, natural disasters of unprecedented scale and armed conflicts occurring elsewhere in the world constantly remind us of that. Even though they occur elsewhere, they somehow feel close to home. We respond with our hearts and our donations going out to those affected. And we must never forget the sacrifices made by our military personnel both in the past and the present whenever they were called upon.

Our Veteran's Service will be held in the Auditorium on Monday November 6th at 11:45 AM. Veterans have provided a tremendous service for all of us. Their actions gave us the safety and security we cherish and enjoy today. Please come out to honour them at this important event. Tea and coffee will be served following the ceremony.

The Board in October clarified the rules for posting items on the different club message boards. It was agreed that community items may be posted on the boards in the hallway, ongoing Club activities on the board by the water fountain and City items in their kiosk by the front door or the message board outside the Club office. It is expected if a member wishes to post a community item on the hall bulletin board, we will have a reciprocal arrangement with that community organization. Specifically, they agree to post our Club activity advertisements at their venues. All postings must be signed by a Board member with a date noted to ensure their timely removal.

Also in October, in cooperation with City Management, we updated our emergency procedures. All members should acquaint themselves with these procedures. For your convenience a copy is included in this newsletter.

Our Annual General Meeting was held on Monday, October 23 and was well attended. There was a good information exchange, far too much for me to cover here. The details will be documented in the meeting minutes.

Lastly, please wear your name badges. Enjoy the club, thank the Convenors and their helpers for their efforts and offer to help with the clean up at the end of an activity.

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

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

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LUNCH LEARN LINGER

NOVEMBER 2017



Monday, November 6th

11:45-1:30 pm
Salute to our Veterans



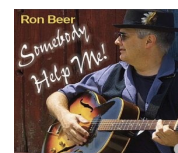
Monday, November 13th

11:45- 1:00
Susan Booth of
Chapel Ridge to talk
about wills, Power of
Attorney, etc.



Monday, November 20th

11:45-1:00 pm
Ron Beer, Guitarist
Come hear the music
we all enjoy.



Monday, November 27th

11:45-1:00pm
The Melody Makers
Make sure you come
out to hear our own
great band



...Marjorie Nielsen
Convenor

Newsletter Contact- newsandviewsmarkham@gmail.com

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



EMERGENCY PROCEDURE

MARKHAM SENIORS ACTIVITY CENTRE

22 WATER STREET

FIRE ALARM

- **CONTACT MARKHAM STAFF IMMEDIATELY**
- Remain calm
- Pull the alarm immediately if there is a fire
- Evacuate participants through the nearest **SAFE** exit
- Gather in the designated area (Green-P parking lot on the west side of Water Street)
- Do not re-enter the building until the all clear is given by the fire department

SERIOUS EMERGENCY

- **CONTACT MARKHAM STAFF IMMEDIATELY**
- The First Responder will delegate tasks to the bystanders on scene (ie: Call 911)
- Do not move an injured person; make them as comfortable as possible
- **Call 911** (a telephone is available at the front desk – dial 9 for an outside line)
- Wait outside the main entrance doors for EMS to arrive
- Call the injured person's emergency contact person to inform them of what occurred
- Emergency contact information for OAlA members can be found on the back of their ID card

NON SERIOUS EMERGENCY

- Make the individual as comfortable as possible
- **NOTIFY MARKHAM STAFF**
- Arrange for a friend or family member to drive the individual home if necessary
- Emergency contact information for OAlA members can be found on the back of their ID card
- A reclining chair is located in the First Aid room should the individual wish to rest while waiting for transportation home

IMPORTANT INFORMATION

- City of Markham staff will complete an accident/incident report for all emergency situations
- Markham Seniors Activity Centre and 20 Water Street have a shared alarm system. Please evacuate the building immediately should the alarm go off in either building.



Christmas is coming...so it's time for our annual

CHRISTMAS LUNCH



FRIDAY, DECEMBER 15, 2017
NOON---2 p.m.



Tickets will go on sale at the front desk on
THURSDAY NOVEMBER 16, 2017

The ticket price, same as last year, \$20.00 p.p.

There are a LIMITED # OF TICKETS

So get yours quickly and don't be disappointed !

The MENU will be on the poster in the lobby the first week of November.
Looking forward to seeing everyone at our Christmas Lunch !



Gillian Scraggs
Coordinator



Everyone seems to be in such a hurry to scream 'racism' these days. A customer asked, "In what aisle could I find the Newfy sausages?" The shop assistant asks, "Are you from Newfoundland?"

The guy, clearly offended, says, "Yes I am. But let me ask you something, "If I had asked for Italian sausage, would you ask me if I was Italian? Or if I had asked for German Bratwurst, would you ask me if I was German? Or if I asked for a kosher hot dog would you ask me if I was Jewish? Or if I had asked for a Taco, would you ask if I was Mexican? Or if I asked for Polish sausage, would you ask if I was Polish?"

The shop assistant says, "No, I probably wouldn't." The guy says, "Well then, because I asked for Newfy sausage, why did you ask me if I'm from Newfoundland?"

The clerk replied, "Because you're in Home Hardware."



(P.S. Newfoundlanders are well known as being a joyful breed of people. Above joke written by a Newfoundlander)

NOVEMBER LUNCH

Friday, November 24th 12 :00 noon

RED'S BURGERS

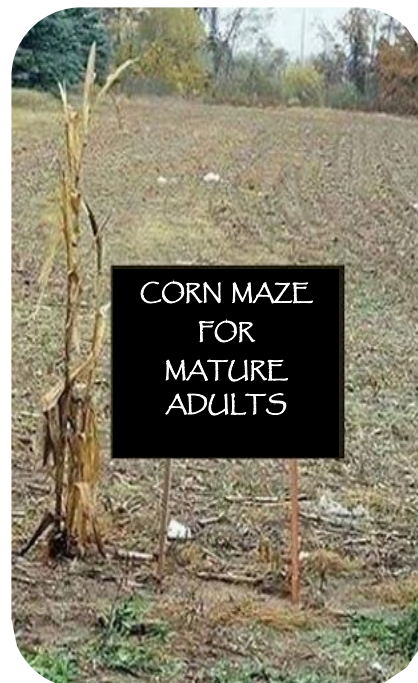
Burgers, Hot Dogs, or Sausages with all the trimmings
Ice Cream and Cookies

Tea or coffee **\$4.00**

Followed by BINGO



Figure it...



November 2017



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



... Joan Thomas
Convenor

THE WEDNESDAY AFTERNOON KNITTING CLUB

The Wednesday Afternoon Knitting Club hopes you are enjoying this extended fall weather.

We continue to work on our products for the bazaar in December.

I would like to mention we have three new members joining us this past spring and fall. We would like to welcome them into the group and we will try to keep them busy. The new members are Ellie, Adriana and Daniela.

Unfortunately another lady in our group has become ill and she will not be joining us any longer but promises to keep knitting on our behalf. Best wishes Marilyn.

We have recently received several knitting books from Jean and Mrs. Roblin and yarns from Maria and Joan. Many thanks.

This weather is not going to last so enjoy it now.



... *Joyce Bulgin*
Convenor



Central Region 2017 55+ Games Update

Congratulations to two of our members for winning **silver** medals in Euchre at the **Central Region 2017 55+ Games** held in Newmarket this past August. **Way to go---Don Rattle and Russell Wilson.** Both Don and Russ are continuing on their winning ways. It is becoming the norm. Keep up the good work.

Please note: There will be no 55+ York Region Winter Games this year. The games will return in spring, 2018 with O.A.I.A. hosting the Bid Euchre tournament on Wednesday, May 30, 2018. We have been well represented in these games in the past and hope that it continues in the coming year.

Margaret Hawryluk,
55+ York Region Games



FROM THE TRAVEL DESK NOVEMBER 2017

We had a great day on the Niagara River Cruise on September 27th. The weather held out for the cruise and the luncheon (served/not buffet) was delicious. Shopping on Main Street, Niagara-on-the-Lake was done when the sky turned sunny and warm. Then our trip to Konzelman's Winery was a nice finish to our day. Jordan, Konzelman's representative, was very entertaining and the wine tasting went very well. We had several good comments about the trip. Thanks to all who travelled with us.

Upcoming trips include: Our last trip for 2017, is St. Jacob's Market/Crossroads Restaurant/Beauty and the Beast at the Dunfield Theatre, Cambridge, and Bingeman's Christmas Lights near Kitchener-Waterloo. The date is Thursday, December 7th. This trip is sold out but we are taking names for the wait list. We had to make some calls to fill some cancellations for the September 27th boat cruise. Please note that it is your responsibility to get your own replacement should you not be able to go on the trip. We will attempt to fill your spot if we have a wait list or the trip is full and we have sufficient time to re-post it.



We launched a trip for 2018, on Tuesday, October 3rd. I have never in all the years with the CLUB seen such an interest in any one trip nor has one sold out that quickly. We are going to see "COME FROM AWAY" on Wednesday May 30, 2018 at the Royal Alexandra Theatre in Toronto. It will be an evening performance with a buffet dinner at the popular Hot House Cafe. The Trip **SOLD OUT** on **FRIDAY** morning, October 6th. We will keep a **wait list** as much can happen in 7 months.

Finally, we have had a lot of interest from members wanting to be floaters (volunteers on the travel desk) which is much appreciated. Many thanks to Betty Moir who will volunteer on the desk Thursday mornings from 10:00 a.m. - 12:00 noon, and Noreen Foh who will take over on Thursday afternoons from 12:00 noon - 2:00 p.m. while Ellie McGrath is recovering from knee surgery. Magda has decided to step down after a long run with us. Magda, **a big thanks** for your dedication, reliability, capability, and let's not forget to mention your pleasant personality and gentle way. We shall miss you and hope you will come and visit with us often. You have been a joy to work with.

... *Mary Lou Busato*
Co-Convenor

Footnote: **FREE!** The price is right...We shall be getting free tickets, again this year, for the John McDermott Christmas show held annually at the Newmarket Theatre and sponsored by Magna International. Member Jeannie Colvin, has secured tickets for Wednesday, December 6th at 2:30 p.m. We are expecting the tickets in the near future. In the meantime, we shall post a sign-up sheet on the Travel Desk for you to print your name, telephone number, and the number of tickets. It will be on a first come, first serve basis. We shall contact you as soon as the tickets are available. Please note--you must have your own transportation. **A Great Show.**

SOCIAL BRIDGE WEDNESDAY EVENING 6:40 - 9:15 PM

Also known as Progressive Bridge, Intermediate Bridge, Chicago Bridge, and I heard one person called it Kitchen Bridge.

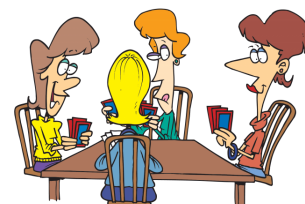
We have room for more players. You just need to show up in the West Activity Room and take a seat on a Wednesday evening.

The top two scorers are recorded every week and every member has been on that list.

Come and enjoy bridge at 50 cents along with free cookies and Ritz sandwiches every week. Coffee is 25 cents.



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



PINEAPPLE ZUCCHINI BREAD RECIPE (makes 2 loaves)

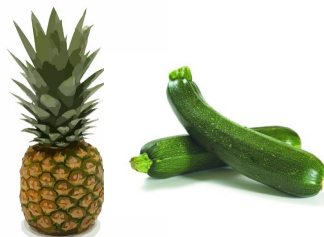
- 3 eggs
- 1 cup vegetable oil
- 2 cups sugar
- 2 tsp vanilla
- 2 cups zucchini (shredded, squeezed of excess water)
- 1 cup drained crushed pineapple



- 3 cups flour
- 2 tsp baking soda
- 1/4 tsp baking powder
- 1 tsp salt
- 1 1/2 tsp cinnamon
- 3/4 tsp nutmeg
- 1 cup raisins
- 1 cup walnuts, chopped



1. Mix dry ingredients 'A'.
2. Beat together eggs, oil, sugar and vanilla in 'B' until thick. Stir in prepared zucchini along with remaining ingredients. With a large spoon, stir to blend.
3. Pour into 2 greased loaf pans 9" x 5" x 3" or 4 pans approximately half the size.
4. Bake at 350 °F for approximately 1 hour for 2 larger loaf pans or about 35 minutes for smaller loaves.
5. Cool 10 minutes, then turn out on rack.



Submitted by Laura Pickle



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.

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. PURSES/BELTS/ SCARFS. 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.**

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



OAlA**TAI CHI**

**FALL SESSION STARTS ON
WEDNESDAY, November 1, 2017**



DANIEL CHOU HAS ADAPTED THE CLASSICAL TAOIST TAI CHI PROGRAM TO SPECIFICALLY FILL THE NEEDS OF OUR MEMBERS. WE ARE PROVIDED WITH AN EXERCISE REGIME THAT IMPROVES BALANCE, STRENGTHENS THE CORE AND TONES MUSCLE WITHOUT STRESS TO THE JOINTS.

THE COST FOR AN 8 WEEK SESSION IS \$24.00

PLACE: MARKHAM SENIORS' CENTRE AUDITORIUM

TIME: 11:15 A.M.—12:15 P.M.

FOR FURTHER INFORMATION, CALL AUDREY HILLIS AT (905) 294—6452

Diversionsary Tactic at Airport



CURRENT EVENTS PLUS GROUP

November 2017

Gathers Every Wednesday in the West Activity Room

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.

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

- 1 Nov : Our Oceans
- 8 Nov : TBA
- 15 Nov : Megastructures - New Orleans A Floating City
- 22 Nov : Activision
- 29 Nov : Africa and Britain: A Forgotten History

Do come and enjoy each others' company and bring a friend or two along with you. On entering, please sign in and deposit your \$1.00 in the basket. 😊

... *Robin Bryan*
Convenor

From Our Mah-Jong Tables November 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.

Alex Chan: 905-472-1551 --- 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



REMEMBRANCE DAY 11.11.17



THE 10 MOST IMPORTANT THINGS IN LIFE

LOVE

The special feeling that makes you feel all warm & wonderful.

RESPECT

Treating others as well as you would like to be treated.

APPRECIATION

To be grateful for all the good things that life has to offer.

HAPPINESS

The full enjoyment of each moment. A smiling face!

FORGIVENESS

The ability to let things be without anger.

SHARING

The joy of giving without thought of receiving.

HONESTY

The quality of always telling the truth.

INTEGRITY

The priority of doing what's right, no matter what.

COMPASSION

The essence feeling another's pain, while easing their hurt.

PEACE

The reward for living the 10 most important things

Submitted by Shamsher Singh

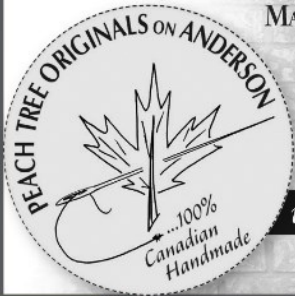
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MARKHAM



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Part of you
died each year
when the leaves
fell from the
trees and their
branches
were bare...
But you knew
there would
always be
the spring.

Ernest Hemingway



MARKHAM LITTLE THEATRE

presents

Season Sponsor



Dixon Garland
funeral home



A comedy by **David French**

Directed by **Gloria Thomas**

November 15-18, 2017
8:00P.M.

Produced by special arrangement with
Playwrights Guild Of Canada.

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



TOOTH CARE CENTRE
& DENTURE CLINIC

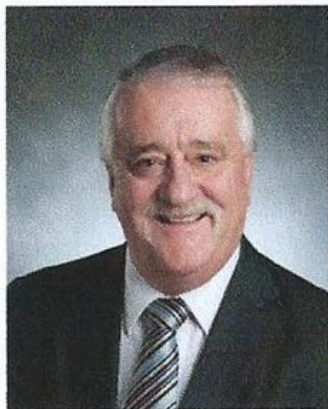
Tel. 905-554-3555

City of Markham tel: 905-479-7750
fax: 905-475-4702

**WARD 5
Councillor Colin Campbell**

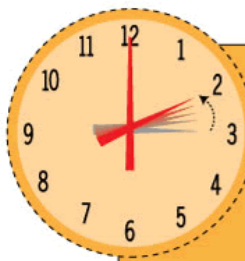
Please contact me with
your WARD 5
input, comments,
concerns,

Let us know if you would
like to receive updates,
news releases and
upcoming events



ccampbell@markham.ca

Sunday, November 5



Change your
CLOCKS and **smoke alarm**
BATTERIES!



Dr. Helena Jaczek, MPP Oak Ridges-Markham



*Serving my constituents
since 2007*

137 Main Street North, Suite 204
Markham, ON L3P 1Y2
Tel: 905-294-4931
Toll Free: 1-866-531-9551
hjaczek.mpp.co@liberal.ola.org
helenajaczek.ca
@HelenaJaczek
DrHelenaJaczek

My office is here to help you with Provincial Government Services. Please feel free to contact us for any help you may need on Provincial Government programs and services such as:

- OHIP cards
- Driver's Licences
- Ontario Photo Cards
- Services and Supports for Seniors
- Special greetings for milestone birthdays or anniversaries
- Congratulatory messages from the Premier and Lieutenant Governor



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Hon. Jane Philpott

Member of Parliament - Markham—Stouffville



 JanePaulinePhilpott

 @JanePhilpott



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

905.640.1125 • jane.philpott@parl.gc.ca

www.janephilpottmp.ca

Lest we forget.



Karen Rea

Markham Ward 4 Councillor
www.karenrea.ca or email: krea@markham.ca

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 where I can suddenly
 remember everything
 I was supposed
 to do.





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Old Adult Truths....



1. Sometimes I'll look down at my watch 3 consecutive times and still not know what time it is.
2. Nothing sucks more than that moment during an argument when you realize you're wrong.
3. I totally take back all those times I didn't want to nap when I was younger.
4. There is great need for a sarcasm font.
5. How the heck are you supposed to fold a fitted sheet?
6. Was learning cursive really necessary?
7. Map Quest or Google Maps really need to start their directions on # 5. I'm pretty sure I know how to get out of my neighborhood.
8. Obituaries would be a lot more interesting if they told you how the person died.
9. I can't remember the last time I wasn't at least kind of tired.
10. Bad decisions make good stories.
11. You never know when it will strike, but there comes a moment when you know that you just aren't going to do anything productive for the rest of the day.
12. Can we all just agree to ignore whatever comes after Blu-Ray? I don't want to have to restart my collection... again.
13. I'm always slightly terrified when I exit out of Word and it asks me if I want to save any changes to my ten-page technical report that I swear I did not make any changes to.
14. I keep some people's phone numbers in my phone just so I know not to answer when they call.
15. I think the freezer deserves a light as well.
16. I disagree with Kay Jewelers. I would bet on any given Friday or Saturday night more kisses begin with Miller Light than Kay.
17. I wish Google Maps had an "Avoid Ghetto" routing option.



18. I have a hard time deciphering the fine line between boredom and hunger.



19. How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear or understand a word they said?



20. I love the sense of camaraderie when an entire line of cars team up to prevent a jerk from cutting in at the front. Stay strong, brothers and sisters!

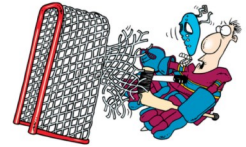


21. Shirts get dirty. Underwear gets dirty. Pants? Pants never get dirty, and you can wear them forever.



22. Even under ideal conditions people have trouble locating their car keys in a pocket, finding their cell phone, and Pinning the Tail on the Donkey - but I'd bet everyone can find and push the snooze button from 3 feet away, in about 1.7 seconds, eyes closed, first time, every time.

23. The first testicular guard, the "Cup," was used in Hockey in 1874 and the first helmet was used in 1974. That means it only took 100 years for men to realize that their brain is also important.



(Ladies .. Quit Laughing!)



It just gets better as you get older, doesn't it?

I was in a Starbucks coffee shop recently when my stomach started rumbling and I realized that I desperately needed to pass gas. The place was packed, but the music was really loud so to get relief and reduce embarrassment I timed my flatulence to the beat of the music. After a couple of songs I started to feel much better. I finished my coffee and noticed that everyone was staring at me. I suddenly remembered that I was listening to my IPOD (with ear piece) - and how was your day?



(This is what happens when old people start using technology!)

Stop laughing and go ahead and forward this - (you know you want to)
I Would Like To Add One.

At What Point-In-Life Do We Become "OLD PEOPLE " ??

Anonymous