

# MARKHAM SENIOR CENTRE

Home of

*OLDER ADULTS in ACTION*



O.A.I.A.

22 Water Street, Markham, Ontario

# **O.A.I.A.** Older Adults in Action

## Hours of Operation

<b>DAY</b>	<b>OPEN</b>	<b>CLOSE</b>
<b>MONDAY</b>	<b>9:00 am</b>	<b>10:00 pm</b>
<b>TUESDAY</b>	<b>9:00 am</b>	<b>10:00 pm</b>
<b>WEDNESDAY</b>	<b>9:00 am</b>	<b>10:00 pm</b>
<b>THURSDAY</b>	<b>9:00 am</b>	<b>5:00 pm</b>
<b>FRIDAY</b>	<b>9:00 am</b>	<b>5:00 pm</b>
<b>SATURDAY</b>	<b>Close</b>	<b>Close</b>
<b>SUNDAY</b>	<b>Close</b>	<b>Close</b>

<b>DAY</b>	<b>HOURS</b>
<b>Friday, December 22<sup>nd</sup></b>	<b>CLOSES AT 5:00pm</b>
<b>Saturday, December 23<sup>rd</sup></b>	<b>CLOSED</b>
<b>Sunday, December 24<sup>th</sup></b>	<b>CLOSED</b>
<b>Monday, December 25<sup>th</sup></b>	<b>CLOSED</b>
<b>Tuesday, December 26<sup>th</sup></b>	<b>CLOSED</b>
<b>Wednesday, December 27<sup>th</sup></b>	<b>REGULAR HOURS</b>
<b>Thursday, December 28<sup>th</sup></b>	<b>REGULAR HOURS</b>
<b>Friday, December 29<sup>th</sup></b>	<b>CLOSES AT 5:00pm</b>
<b>Saturday, December 30<sup>th</sup></b>	<b>CLOSED</b>
<b>Sunday, December 31<sup>st</sup></b>	<b>CLOSED</b>
<b>Monday, January 1<sup>st</sup></b>	<b>CLOSED</b>
<b>Tuesday, January 2<sup>nd</sup></b>	<b>REGULAR HOURS</b>

# **O.A.I.A. Older Adults in Action**

## **CASINO RAMA DATES**

<b>DATE</b>	<b>DEPARTS</b>	<b>DATE</b>	<b>DEPARTS</b>
January 12, 2017	9:00 am	July 13, 2017	9:00 am
February 9, 2017	9:00 am	August 10, 2017	9:00 am
March 9, 2017	9:00 am	September 14, 2017	9:00 am
April 13, 2017	9:00 am	October 12, 2017	9:00 am
May 11, 2017	9:00 am	November 9, 2017	9:00 am
June 8, 2017	9:00 am	<b>December 7, 2017</b>	9:00 am

**Cost of \$3.00 includes lunch.**  
**8:45 am, leaving at 9:00 am.**  
**PHOTO "I.D." IS REQUIRED**



# O.A.I.A. Older Adults in Action

## ACTIVITIES

<u>SOCIAL</u>	<u>INSTRUCTION</u>	<u>CRAFTS</u>	<u>GAMES</u>
Lunch Linger & Learn	Line Dance	Knitting	Bridge (duplicate, progressive)
Luncheons	Yoga	Woodcarving	Mah-jong (international & Chinese)
BBQ's	Water Colours	Crafting	Bingo
Picnics	Zumba	Acrylics	Pool (snooker, (8 Ball )
Library	Book Club		Table Tennis
Coffee Room	Computers		Chess
Gardens	Current Events		Cribbage
Travel	Knitting		Baseball
Book Club	Osteoporosis		Pickle Ball
	Tai - Chi		Badminton
	Choir		Euchre
	Exercises & Health		Canasta

# **O.A.I.A.** Older Adults in Action

## **UPCOMING EVENTS**

<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>
<b>Dec 2nd, 2017</b>		<b>OAIA Bazaar</b>
<b>Dec 15<sup>th</sup>, 2017</b>	<b>12:00-1:30 pm</b>	<b>CHRISTMAS Luncheon</b>
<b>Dec 25<sup>th</sup>, 2017</b>		<b>Merry Christmas</b>



A small bin has been brought in to the Seniors Centre from the Markham Food Bank. It is located in the lobby from Monday November 20<sup>th</sup> to Friday December 15<sup>th</sup>.



Please bring food donations to help families in need especially during the Christmas season.



*Thank You,  
Helena Miscampbell and Bob Ysseldyk*



# **O.A.I.A.** Older Adults in Action

## Ellie's Kitchen Presents



DATE	EVENT	COST
Dec 24 <sup>th</sup> , 2017	<b>MERRY CHRISTMAS</b>	
Jan 26 <sup>th</sup> , 2018	<b>RED'S BURGERS &amp; BINGO</b> Hamburger, Sausage or Hot Dog, cookies & ice cream, coffee and tea	<b>\$4</b>



# LUNCH, LINGER & LEARN

2017

11:45 am -- 12:45 pm Auditorium

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>
Dec 11th, 2017	11:45 – 1:30 pm	Sari Featherstone .. Great singer & entertainer \$3.00 at front desk
Dec 18 <sup>th</sup> , 2017	11:45 -12:45 pm	MELODY MAKERS their final performance of this year
Dec 25 <sup>th</sup> , 2017		<b>MERRY CHRISTMAS and HAPPY NEW YEAR</b>

**O.A.I.A.**

*There is no*



**IN GASPING FOR AIR WHEN EXPOSED TO STRONG**

**SCENTS**

**KINDLY SHOW CONSIDERATION FOR  
MEMBERS WHO ARE ADVERSELY AFFECTED  
AND**

***“DON'T SPRAY DURING THE DAY”***

# CURRENT EVENTS PLUS GROUP

December 2017 & January 2018

Gathers Every Wednesday in the West Activity Room

1:00 to 3:00 pm

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

The weekly program will consist of the group sharing humour, discussing current and world events and other subjects of interest.

Related pictures and videos will be viewed on a large movie screen.

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

**December's and January's planned subjects for presentation and discussion will include:**

<b>6 Dec :</b>	Your Belly and Your Brain	<b>3 Jan :</b>	TBA
<b>13 Dec :</b>	Might You Live A Great Deal Longer	<b>10 Jan :</b>	Fresh Water
<b>20 Dec :</b>	The Earth's Sixth Mass Extinction - It's Happening Now!	<b>17 Jan :</b>	TBA
		<b>24 Jan :</b>	TBA
		<b>31 Jan :</b>	The War on Climate

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



## **BALLROOM/LATIN LINE DANCING (INTERMEDIATE/ADVANCED)**

WILL START ON MONDAY, DECEMBER 11, 2017 UNTIL MONDAY, MARCH 26, 2018  
FROM 2:30 'TIL 4:00 P.M. IN THE AUDITORIUM

*(NO CLASSES MONDAY, DECEMBER 25, JANUARY 1, AND FEBRUARY 19)*

FOR 13 WEEKS AT A COST OF \$45.50

INSTRUCTOR: GINA ARMSTRONG



JOAN WEEKS  
CONVENOR  
905-294-8708





## **OSTEO FITNESS CLASSES (WINTER, 2018)**

The Osteo Fitness classes are designed to provide exercise instruction for people with osteoporosis and pre-osteoporosis.

The classes are offered twice weekly, on Wednesdays and Fridays. Both Wednesday and Friday classes will be held in the Auditorium and can accommodate 30 participants per class.

### **WEDNESDAY CLASS:** JANUARY 10 – MARCH 7 INCLUSIVE, 2018

TIME: 9:30 am - 10:30 am

COST: \$27

LOCATION: Auditorium

INSTRUCTOR: ROSEANNE

### **FRIDAY CLASS:** JANUARY 12 – MARCH 9 INCLUSIVE, 2018

TIME: 9:00 am - 10:00 am

COST: \$27

LOCATION: Auditorium

INSTRUCTOR: DAYNA

For further information please call:

Convenor - Lyn Bryan 905-294-0914

Co-Convenor - Sandy Granger 905-294-3227

Co-Convenor - Janet Paglialunga 905-471-4707





**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 OAIA 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 OAIA 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.

# **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.**

**Gillian Scraggs - Convenor**



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







## New Exercise Program

Come and join us for a new exercise program. This is an exercise course designed specifically for seniors. It will focus on muscle, balance, and flexibility.

A 12-week course for \$36.00. There will be a sign up sheet and more information at the front desk.

**Starting:** Thursday January 11<sup>th</sup>, 2018 from 2:00 - 3:00 pm in the Auditorium (maximum 30)  
**Instructor:** Dayna



... *Sue Atkins*  
Convenor



# WATERCOLOUR CLASSES

*with Vita Keeling  
& Helen Walter*

**“Eight week classes start up in the New Year ”**

Monday January 8, Mornings 9:30 am to Noon *with Helen Walter*

Tuesday January 9, Mornings 9:30 am to Noon *with Vita Keeling*

Tuesday January 9, Afternoons 1:30 pm to 4 pm *with Vita Keeling*

**“Come and paint with us...it’s fun!”**

**“All levels welcome.”**

**“Register at the Front Desk...in the Activity Binder”**

# 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**





**O.A.I.A.**

**MARKHAM SENIORS' CENTRE  
22 WATER STREET, MARKHAM, ON.  
905-294-5111**

# **ANNUAL BAZAAR**

**DATE: SATURDAY, DECEMBER 2, 2017  
TIME: 9:30 A.M.—1:30 P.M.**

**COME EARLY FOR THE BEST SELECTION OF  
BAKING  
WHITE ELEPHANT TREASURES  
CRAFTS AND KNITTING  
JEWELLERY  
BOOKS**

**IF YOU GET TIRED, STOP AT OUR LUNCHROOM  
FOR REFRESHMENTS  
COFFEE/TEA AND MUFFIN  
OR  
SOUP, SANDWICH, BEVERAGE AND DESSERT**



## **Courtesy Parking**

### **Courtesy Parking**

**For mobility  
challenged  
Members**

**Thank you**

We've set aside two parking spaces for mobility challenged Members who need it more than others. Injured your foot? Have things to carry? These spaces are for you. No Handicapped Sticker is required.

We ask our mobility blessed Members to leave these spaces vacant.

**O.A.I.A.**

## **VOLUNTEER OPPORTUNITIES**

*(New positions listed monthly)*

**BINGO CALLERS**—Wednesday evenings from 7:00—9:00 p.m. This would require 2 hours of your time once every 2 months, is fun and requires no experience.

Gratitude of bingo players guaranteed.

If interested, please call Joan Thomas at (905) 474-3726







# CHESS



**East Activity Room  
Thursdays 10:00 A.M. – Noon  
Players at all levels welcome!**

*Come play and put your mind to  
work.*



## GREETING CARDS

If someone you know is ill or has had an accident or has lost a loved one or is celebrating an anniversary such as 50 years or celebrating a birthday of 90 years or older, we would like to know about it. Please fill out a form at the front desk or email Margaret Yade at : [sully2000@rogers.com](mailto:sully2000@rogers.com) with the information and a card will be mailed out on behalf of the members of the club.

... Margaret Yade

**O.A.I.A.**

**FALL SESSION STARTS WEDNESDAY,  
SEPTEMBER 20, 2017**



**PROFESSIONAL COURTS ARE AVAILABLE FOR OUR USE AT  
THE CORNELL CENTRE (NEXT TO MARKHAM STOUFFVILLE  
HOSPITAL)**

**TIME: 1:30 P.M.—3:30 P.M.**

**COST: 50 CENTS**

**NEW PLAYERS ARE WELCOME**

**For more information, please call:**

**Joe Signorello (905) 294-4726**

**Howard Elson (905) 294-1044**

OAIA

# **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

**HAV**

# YOGA – WINTER 2018

MONDAY or WEDNESDAY EVENING



**MER**



7:30 to 8:30 PM

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

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

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**New Sessions start in January**

**Mondays – Jan 8-Mar 26 – 11 classes - \$44.00**

**Wednesdays – Jan 3-Mar 28 – 12 classes - \$48.00**

**REGISTER AT FRONT DESK**

**No class on Holidays**

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

**INSTRUCTOR: Jeela Amin**

Convenor: Dorice Ross 416 524 4001

Co-Convenor: Marilyn Kong 905 294 8793





MARKHAM SENIOR CENTRE 22 Water Street



**OAIA**

# ***BEGINNERS LINE DANCING***

Starts Thursday, September 14<sup>th</sup>, 2017

2:00 pm – 3:00 pm

***\$42 / 12 Weeks***

Instructor  
***CINDY KNOWLES***



# ZUMBA®

Instructor **WAYNE WILLIAMS**

**NEW**

**THURSDAY, 2017**

**3:15 pm - 4:15 pm**

**Cost: \$40 for an 13 classes**

**Kindly register at front desk to reserve your spot in this popular exercise program.**



# PICKLEBALL

A photograph of an indoor pickleball court. The court is marked with green lines on a wooden floor. A white net with a black mesh is stretched across the court. Several people are playing on the court. In the foreground, a woman in a blue shirt and dark shorts is on the left, and a man in a green shirt and white shorts is on the right. In the background, other players are visible, including a man in a blue shirt and a man in a red shirt. The walls are blue and white.

**EVERY TUESDAY NIGHT  
7:00 pm - 9:00 pm**

**50 cents**  
**No Paddle or Ball required**

**FASTEST GROWING SPORT IN NORTH AMERICA**

MERRY CHRISTMAS

