



NEWS

FEB 2024

AND

VIEWS

MARKHAM SENIORS ACTIVITY CENTRE 22 WATER STREET, MARKHAM, ON

PRESIDENT'S REPORT... Mark Barrett



Hello again everyone. Please keep in mind the weather in February can be nasty so do be careful out there especially when it's icy. City staff do their best to keep the building access areas safe for us. They are diligent in snow clearing and salt application but there still can be slick areas which are best avoided. If you know someone who lives alone, check in with them occasionally.

I'd like to remind you that the Markham Seniors Activity Centre has an inclement weather closing policy that is based upon the York Region District school Board decision to operate school buses or not. If the buses don't operate, the centre will not open, and all programs are cancelled. You have several choices by which to be informed. Radio, TV or visit the bus website at <http://net.schoolbuscity.com/> for information. The City of Markham will also send out a cancellation email notice to those members who provided their email address to the city when they registered.

It's gratifying to see so many programs in full swing and being enjoyed by so many. Some of our instructional programs are so popular we can't accommodate everyone who wants to sign up and that unfortunately, results in waitlists. I'm appealing to those program Convenors, when you are signing up attendees for a new session, first offer a spot to the members on your waitlist. For those Convenors who are already doing this, thank you. It's greatly appreciated by those who have been patiently awaiting their turn.

My thanks to all our volunteers, you are the bedrock of our club and a key reason for our success in fulfilling our mandate to provide physical, mental, and social contact for seniors in Markham. Additional volunteers are needed and welcome. Please consider filling out a volunteer application form. You will find blank forms on the bathroom hall bulletin board or at the front desk.

In closing I remind you, always have your membership card with you whenever you are at the centre as you could be asked to produce it at any time. There are still badges at the front desk waiting for their owners to claim them. Your assistance in clearing that backlog is appreciated.

Enjoy your club, wear a smile and offer to help your program Convenors with tidying up.

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

Phone: 905-294-5111 OAlA website: www.markhamseniorcentre.com

The News & Views is published nine times annually

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MARKHAM SENIORS ACTIVITY CENTRE
2024 BUILDING CLOSURE DATES

DATE	HOLIDAY/REASON FOR CLOSURE
Monday, February 19 th	Family Day
Friday, March 29 th	Good Friday
Monday, April 1 st	Easter Monday
Monday, May 20 th	Victoria Day
Monday, July 1 st	Canada Day
Monday, August 5 th	Civic Holiday
Friday, August 16 th @ 5pm to Sunday, September 1 st , 2024	Annual Building Maintenance
Monday, September 2 nd	Labour Day
Monday, October 14 th	Thanksgiving
Friday, December 20 th	CLOSES AT 5:00pm
Saturday, December 21 st to Wednesday, January 1 st	Closed for the Holidays



HAPPY
Valentine's Day
14 FEBRUARY

Newsletter Contact - newsandviewsmarkham@gmail.com

Note - Members are reminded both they and the public can view the newsletter at:
www.markhamseniorcentre.com. Use caution before providing personal information.



DISCLAIMER The publication of any advertisements in this newsletter is not to be construed as an endorsement of the product or service offered unless it is strictly stated in the ad that there is an endorsement or approval.

CHRISTMAS LUNCHEON

DECEMBER 15TH

The Christmas Lunch was enjoyed by 97 people including Karen Rea — Ward 4 Counselor.

My heartfelt thanks go to my helpers

Joan Green, Helena Miscampbell, Justina Bird, Maureen Ledgard, Heather Lamacchia, Gloria Smith, Cha Pin Lee, Melanie Cramp—Amica, Ana Masci —Chartwell Rouge Valley, Markham, and photographer Frank Dittman.

The delicious meal was provided by Village Grocer. The Poinsettias (tables and door prize) donated by Valley View Gardens. The door prizes were donated by the following;

Knitting Group, Craft Group, Stouffville Creek—Retirement Residence, St. Andrews Presbyterian Church, St. Andrews United Church, Amica—Unionville, Chartwell and Karen Rea, Counselor

Gillian Scraggs



Melody Makers

Come out and enjoy a great musical concert put on by our Melody Makers each month.

Concerts are performed on the last Monday of every month.

11:45—1 pm..

Cost \$2.00

Coffee, tea and cookies provided for \$1.00



LINE DANCING

Love to dance Come and join our line dance program.

Monday. 2.30-4.00 pm. Wednesday. 3.30- 5.00 pm

Line dance is a great overall exercise for mind and body.

See front desk for more information.



From the Travel Desk.....February 2024

The Travel Team would like to wish everyone a Happy, Healthy New Year. Our Team met on Monday, January 15th and selected some trips for this year that we hope you will enjoy and look forward to seeing some familiar and new faces.

Our first trip will be in April.

We hope winter will be over or almost over and Spring will be just around the corner. On April 4th, we travel to the Hamilton Theatre in Cambridge Ontario to see a performance of "Jersey Boys", the popular musical that tells the Story of Frankie Vali and the Four Seasons - four blue collar guys from the streets of New Jersey with a 40 Year Friendship, their rise to stardom and their Induction into the Rock and Roll Hall of Fame. This show is a Tony, Grammy, and Oliver Award Winning Best Musical. Lunch at Golf's Steak House.

On May 9th - If anyone joined us for our last Year Christmas Trip, "The Sounds of Christmas", We are sure you will enjoy their Spring Show " Sentimental Journey 2" in Waterloo, lunch at the Golf's Steak House.

It's back! We are working on a trip to Kingston 1000 Islands aboard a Catamaran. A chef will cook your meal fresh on board, as we leisurely cruise around the Islands. Live entertainment. We had this booked a few years back but due to Covid 19, we had to cancel it.

We will keep you informed upcoming trips including "My Fair Lady" at the Shaw Festival Theatre at Niagara-on -the -Lake in November.

Please Pay by EXACT CASH, or Cheque payable to OAIA.

For the first two weeks we introduce each trip, it is Members only. Thereafter, non members are welcome.

We reopen the Travel desk on Monday February 5th.

We have openings for floaters (people who fill in for our regular volunteers whenever they are not available for their shift). If you could volunteer for a 2 hrs. shift am. or pm occasionally, please fill out a volunteer application. Please give us your Day and Time preference.

Our Hours are as follows:

Monday	10:00am-12:00pm
Tuesday	10:00am-12:00pm and 12:00pm-2:00pm
Wednesday	10:00am-12:00pm and 12:00pm-2:00pm
Thursday	10:00am-12:00pm and 12:00pm-2:00pm

Mary Lou Busato..... Convenor



CURRENT EVENTS PLUS GROUP

The Group Gathers Every Wednesday
in the West Activity Room from 1:00 to 3:00 pm.

Come and join our "Group". The program consists of members getting to know each other through, sharing humour, discussing current local and world events, plus other subjects of interest. Pictures and videos related to the subjects of the day will be presented by a member and viewed on a large movie screen.

On entering, please sign in and deposit your \$0.50 in the
"Room Fee" basket.

Do come and enjoy each other's company.
See you all on Wednesday afternoons.

Carol McKnight
Convenor

Robin Bryan
Co-Convenor



BOOK CLUB

Winter is definitely upon us now and it's time for a good hearty soup. This one is a real winner! Thanks to Joyce for providing me with the recipe.

Autumn Soup

1 1/2 lb. ground beef
 2 cups cubed raw potatoes
 2 onions chopped
 1tbsp. salt
 1/2 tsp. dry mustard
 1/4 cup catsup
 1-28 oz. can tomatoes
 (3 1/2 cups)
 1 tsp. Pepper
 1 tbsp. Worcestershire sauce
 tsp. Gravy powder



Brown meat; Add onions and cook 3-4 min. Drain off fat. Add water, veggies and seasonings. Simmer for 1 1/2 hours Enjoy!

Book Club 2 - Every 2nd Wednesday of the Month. We decided not to read a book over the Christmas holidays. Instead, this month, those who wanted to, shared a book that he/she read recently or in the past and would recommend. For next month we are reading a book recently written by one of our own, Just Breathe by Ilona Salley which you can find at Amazon as a paperback or e-book to download. We are excited to interview our author at our next meeting.

Convenor - Donna Jacobs

Co-Convenor Bev Blampied

LUNCH AND LEARN

Check the file folder at the front desk for the exact dates and times each month.

Last month we had Karen Rea (counsellor for ward 4) update us on issues important to Markham in general. Next month Bob (the drummer from our Melody Makers), is bringing his own group, "**Maximum 60**" who will be entertaining us with the sounds of the 60's! Come along, enjoy the music and dance along with us.

Convenor - Donna Jacobs

Co-convenor Catherine Matias

KNITTING GROUP

Hello,

It is good to be back in 2024. Today is extremely cold but the sun is shining so that makes all the difference.

The ladies of the group would like to thank everyone that came out to our mini sale on the day of the Christmas Luncheon. The sale was well received. The supplies you provide us with are put to good use for the ladies to be creative and to keep us busy and social throughout the year. We get great pleasure doing the projects for the members to see and purchase.

Please keep an eye on the cabinet in the lobby as we change it from time to time and season to season. There should be a change coming up the first week in February. If you see anything you are interested in, please approach the front desk and the volunteers will be glad to help you.

Enjoy the rest of the winter, Spring is coming soon.

Joyce Bulgin - Convenor



PICKLE BALL

There are now two additional sessions included for Pickle Ball classes.
Please arrive early in order to take advantage of these classes.

Effective February 1st

Monday - 9:00 a.m. - 11:30 a.m. - Convenor Cha Pin Lee

Tuesday - 7:00 p.m. - 9:30 p.m. (advanced class) - Convenor Cha Pin Lee

Thursday - 12:30 p.m. - 2:30 p.m. Convenor John Varone

Thursday - 2:45 p.m. - 4:30 p.m. NEW BEGINNER class - Convenor Kai Mark

Friday - 1:30 p.m. - 4:00 p.m. NEW CLASS - Convenor - Clarence Jones/Mark Battaglia

NOTE: The beginner class is for people who have never played. Convenor - Kai Mark

The new class on Friday will be a regular Pickle Ball class the same as Monday morning and the first class on Thursday. Please note the time of the first class on Thursday has been changed!

Carol Sparks

WEDNESDAY MORNING BOOK CLUB



There are openings for two more members to the book club. You are invited to sign up at the front desk if you are interested in joining us.

The meetings are held in the boardroom on the first Monday of each month from 10:00am until noon. You will be provided each month with a book which is selected from the Public Library. If you are a reader, it's a great way to be introduced to new authors. \$.50 cent facility fee.

Diane Vanderwal - Convener

Djembe Drumming

Wednesdays Noon—1:00 p.m.

In the craft room.

Sign up at the front desk

MONDAY MORNING BRIDGE

Casual Bridge 9:00am - 11:30 am

Come out and enjoy a game with your friends and neighbours.

Margaret Crowley - Convenor



Come and Join our Canasta Group

On Jan 11th 2024, Our Canasta group enjoyed a wonderful post-Christmas luncheon at our OAIA. It was well attended with plenty of food, desserts and beverages.... Thank you to all, who assisted in many ways...

This was followed by our regular Canasta afternoon....

Keith Shopman Convenor



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Lyle Mirrett, HIS
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Happy Valentine's Day



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

See You at the Movies!

Markham at the MOVIES

tiff | FILM CIRCUIT

Tuesday February 27, 2024 at 7:00PM (Doors open at 6:30PM)

A novelist turns from witness to prime suspect when her husband is found dead in the snow by their blind 11-year-old son. The trial opens a window onto marriage, family roles and society's expectations.

Palme d'Or winner at Cannes Film Festival 2023 and Golden Globes 2024 winner for Best Screenplay and Best Motion Picture, Non-English Language.



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Name: _____

Valentines Day Word Search



L	G	X	R	H	K	Q	A	Q	C	Z	S	T	N	P	F	H
L	O	M	W	Y	M	F	V	R	J	A	N	S	T	G	D	D
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- LOVE
- ADMIRER
- VALENTINE
- FLOWERS
- CHOCOLATES

- CARD
- LOVE
- LOVEBIRDS
- CANDY
- BOUQUET

- DOVES
- POEM
- PRESENTS
- ROSES
- FEBRUARY



RETARDED GRANDPARENTS - (this was actually reported by a teacher)

The world, as seen through children's eyes, can be uncomfortably close to the truth....

After Christmas, a teacher asked her young pupils how they spent their holiday away from school.

One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa.

They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore.

They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore.

They go to a building called a wreck center, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well.

There is a swimming pool too, but they all jump up and down in it with hats on.

At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts!

Nobody there cooks, they just eat out.

And, they eat the same thing every night—early birds!

Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked center for pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and say I should work hard so I can be retarded someday too.

When I earn my retardment. I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.

