

# News & Views

Vol. XVII

Tuesday, February 2, 2026

\$0.00



Happy Valentines Day

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Date	Reason For Closure
Monday, February 16 <sup>th</sup>	Family Day
Friday, April 3 <sup>rd</sup>	Good Friday
Monday, April 6 <sup>th</sup>	Easter Monday
Monday, May 18 <sup>th</sup>	Victoria Day
Wednesday, July 1 <sup>st</sup>	Canada Day
Monday, August 3 <sup>rd</sup>	Civic Holiday
Friday, August 28 <sup>th</sup> 5:00pm to Sunday, September 6 <sup>th</sup>	Annual Building Maintenance
Monday, September 7 <sup>th</sup>	Labour Day
Monday, October 12 <sup>th</sup>	Thanksgiving
Tuesday, December 22 <sup>nd</sup> 5:00pm to Sunday, January 3 <sup>rd</sup> 2027	Closed For The Holidays

## Memorial Postings

When a member requests that a card be sent in the event of another member's death, they can also request a newsletter memorial posting. Which will appear below:

### Hours

#### Building Hours:

Mon, Tue, Wed 8:30am – 10:00pm  
 Thu, Fri 8:30am – 5:00pm

#### Front Desk Hours:

Mon to Thu 9:00am – 3:30pm  
 Fri 9:00am – 1:00pm

### No Memorial Postings This Month

Newsletter Contact- [newsandviewsmarkham@gmail.com](mailto:newsandviewsmarkham@gmail.com)  
 Please visit our website at: [www.markhamseniorcentre.com](http://www.markhamseniorcentre.com)

**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.

We reserve the right to accept, reject, edit, condense and verify all submissions.



## President's Report

Happy New Year Everyone

As I write this report on January 15<sup>th</sup> another Club Closure Day has arrived due to inclement weather. This is the second closure of 2026 and hopefully the last. We were informed by the City of Markham staff that they will no longer send our members an email informing them of OAIA club closures. The City staff informed us that the club would be open regardless of inclement weather and that it is an OAIA responsibility to cancel any activities if required on a bad weather day.

The new cancellation procedure is as follows:

- Directors are to contact Convenors to share that during Inclement Weather the building will now be open.
- Members are to make their own decision about coming to the Centre.
- When the program has a paid instructor, the Convenor will contact the instructor directly to determine their ability to come to the Centre. If the instructor cannot come, the Convenor needs to contact the people in the class via email or phone to indicate the class is cancelled.

City staff will do their best to keep our building access areas safe for us by clearing snow and applying salt on walkways. There may still be some slippery areas best avoided if possible, so be careful out there.

Most of our programs are now running and being enjoyed by many. Our membership has now grown to 797. Some of our instructional programs are so popular we can't accommodate everyone who wishes to participate. The result is "activity wait lists." I'm asking the convenors of those programs that when you are signing up attendees of those programs for a new session, first offer a spot to the members on your "activity wait list". For those Convenors who are already doing this, thank you. It is greatly appreciated by those who have been patiently awaiting their turn.

I offer my thanks to all of those who volunteer at the OAIA. You are the "life blood" of our organization and a key reason for the success of our club. Additional volunteers are needed. Please consider filling out a Volunteer Application Form. You will find blank forms on the bathroom hall bulletin board or at the front desk.

Enjoy your club and please don't be shy in helping your Program Convenors.



## Dear Readers

A warm welcome to 2026,

I want to thank you for all the positive comments you've made to me in the lounge and in emails, regarding the December issue. It's nice to see people excited about our little newsletter. Alas, we can't print every issue in colour at this time. Our year end is in August, and we have four more issues until then. Two of these issues will be in colour. Let's see what the future holds.

The cover of our Christmas edition was so well received we decided to continue with a cover on all future publications. We will try and change the theme, for now its vintage. Please let us know what you think.

I was reading about the magazine the New Yorker and read this little piece

“Your **cover** image **makes** or **breaks** newsstand sales. It needs to stop browsers in their tracks.”

Browsing through a newsletter from 2017, I came across an article about a woman Jeanne Louise Calment who lived until she was 122 years old! When the Eiffel Tower was built, she was 14 years old. Imagine she quit smoking when she was 117 years old. These are the type of articles I would like to bring back to the newsletter for you.

The 2017 newsletter also had the activities schedule at the back and we figured why not?



## Some of Your Comments...

Wow! What a classy piece of work! This hard copy edition exceeded all my expectations! Congratulations on a very professionally produced newsletter...A-one in every look, feel and read respect!

I just read the latest News and Views. You have done a terrific job. The result is an attractive, informative and well formatted newsletter that will be hard to put down once a reader picks it up. Well done, Peter.

As a child growing up in England, I remember my mum listening to Mrs. Dale's Diary on the wireless every morning (which meant I did too)! The series ran from 1948 to 1969. "We" also listened to The Archers, a farming family, every evening, which first broadcast in 1951 and runs to the present day. "We" listened to plays most evenings as well. We didn't own a television until I was in my early teens, so the wireless was a big part of my childhood.

Great job on the newsletter. Keep up the good work!

Please...

News & Views is your magazine. Let me know what you would like to see in future issues of the magazine.

Please get in touch, its important!

[newsandviewsmarkham@gmail.com](mailto:newsandviewsmarkham@gmail.com)

## TAI CHI

Tai chi can have significant benefits for older adults. This is at least partly due to the way it focuses on muscle control, stability, balance, and flexibility.

It has certainly been a huge help for me, and I've been practicing for less than two months! So please join us on Wednesday's at 10:30am. You won't be sorry

Donna Jacobs - Convenor



### Monday Morning Bridge

9:00am to 11:30am

In the Craft Room. Come out and enjoy a game with friends and neighbours.

Margaret Crowley - Convenor

*Valentine's Day*  
**BRIDGE**



A police officer called the station on his radio. "I have an interesting case here". "An old lady shot her husband for stepping on the floor she just mopped". "Have you arrested the woman?"

"Not yet, the floor is still wet".

An elderly man is stopped by the police at around 2:00am and is asked where he is going at that time of night.

The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "That would be my wife."



Each month we are going to have a puzzle just for you and the solution will be near the back of the newsletter. This one is supposed to be of medium difficulty. Please give us your thoughts, and no cheating!

	7				1		8	
8			2				5	7
				9				6
3				8		9		
		4				2		
		6		4				3
9				3				
7	6				9			4
	2		8				9	

I wish you luck, I wish you Joy  
 I wish you first a baby boy.  
 And when his hair begins to curl, I wish you  
 then a baby girl.



## Snooker Tournament

I went into the snooker room to watch the first frame of the snooker finals and was thoroughly entertained.

The first frame was very close, with team Lee winning by a couple of points.

In the end Lee's team prevailed, and won the tournament, but it was exciting

Les Miscampbell is the first player in Centre history to be on back-to-back winning teams!



### 1<sup>st</sup> Place

Yen Lee  
Les Miscampbell  
Stephen Lok  
Bert Metcalfe

### 2<sup>nd</sup> Place

Jim Turner  
Phil Petrou  
John Lang  
Eric Shoub

## Cribbage!

### Cribbage Christmas Party

The pot-luck luncheon was held on December 16, and it was the best yet. The food and the desserts prepared by our members exceeded all of our expectations.

The room was elegantly decorated for the celebration. As always, the competition for the prizes at this unique event was fierce yet friendly. We have a fantastic core group of talented players, but we also embrace newcomers of all abilities.

COME VISIT US. Please be aware that Cribbage takes place on Tuesdays and Thursdays at 1:00 PM.



Jeanne Lafond - Convenor



## BOOK CLUB # 1

**Book Club #1** is held on the **first Wednesday of the month, from 10:15am-12:00pm.**

This month we will read **“Magpie Murders”** by Anthony Horowitz.

Susan Flatt - Convenor



### Description

When editor Susan Ryeland is given the manuscript of Alan Conway’s latest novel, she has no reason to think it will be much different from any of his others. After working with the bestselling crime writer for years, she’s intimately familiar with his detective, Atticus Pünd, who solves mysteries disturbing sleepy English villages. An homage to queens of classic British crime such as Agatha Christie and Dorothy Sayers, Alan’s traditional formula has proved hugely successful. So successful that Susan must continue to put up with his troubling behavior if she wants to keep her job.

Books are chosen from the Markham or Stouffville Library which provides copies for everyone. We have a few books with large print for those who want it. Often there are e-copies or audio copies in the library which you can access on your own.

Our discussions are always lively and provide interesting perspectives from a variety of members.

The sign-up page is in our large activity binder at the front desk.

## BOOK CLUB # 2

We meet every second **Wednesday of the month from 1:00PM-3:00PM**

It’s always fun to get together and discuss the books we have read each month. We usually have quite a variety of opinions to share. Last month we read **“Black Cake”** by Charmaine Wilkerson

We are now reading **“Take My Hand”** by Dolen Perkins-Valdez

Donna Jacobs - Convenor

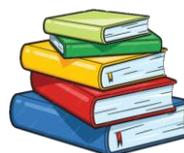
### Description

Montgomery, Alabama, 1973. Fresh out of nursing school, Civil Townsend intends to make a difference, especially in her African American community. At the Montgomery Family Planning Clinic, she hopes to help women shape their destinies, to make their own choices for their lives and bodies.

But when her first week on the job takes her along a dusty country road to a worn-down one-room cabin, Civil is shocked to learn that her new patients, Erica and India, are children—just eleven and thirteen years old. Neither of the Williams sisters has even kissed a boy, but they are poor and Black, and for those handling the family’s welfare benefits, that’s reason enough to have the girls on birth control. As Civil grapples with her role, she takes India, Erica, and their family into her heart. Until one day she arrives at their door to learn the unthinkable has happened, and nothing will ever be the same for any of them.

Decades later, with her daughter grown and a long career in her wake, Dr. Civil Townsend is ready to retire, to find her peace, and to leave the past behind. But there are people and stories that refuse to be forgotten. That must not be forgotten.

Because history repeats what we don’t remember.



## Travel Desk

A New Year brings new adventures with OAIA! The Travel Team gathered on Monday, January 19th to discuss and finalize this year's trips. Our Year Round Travel representative, Craig, provided us with their brochure detailing most of the trips. While the Christmas event dates have been selected by our provider, they have yet to be confirmed and are not included at this time. We are eager to secure some trips quickly, as the popular options are filling up fast.

I spoke with Craig this morning, Thursday, January 22nd, and inquired about confirming the first trip of the year, the Murder Mystery at the Old Mill in March. Typically, we don't begin our trips until April due to unpredictable winter weather. We had hoped that by being in Toronto, we could take a chance that winter would be mild. Unfortunately, there is no availability for this March trip. We considered swapping our March and April trips, but there is no show scheduled in April either. There are currently no bookings for November, which is also unavailable. Therefore, our first trip will commence in April, and Craig will start processing our trip requests for that month and May. In June, July, September, and October, we'll plan our Christmas trip after receiving a list of available trips and their dates. Once we confirm our selected trips, a list will be made available at the Travel Desk.

We have made the decision to open the Travel Desk during the second week of February, starting Monday, February 9th. Our operating hours will be Monday from 10:00 am to 12:00 pm, and Tuesday through Thursday from 10:00 am to 2:00 pm, with Fridays being closed.

If anyone is interested in serving as a floater to cover for one of our regular volunteers in case they can't make their shift, please leave your name and phone number at the Travel Desk.

This spring, Noreen will be on a two-month vacation in Africa, and others have appointments lined up. Kindly leave your name and phone number at the travel desk.

We acknowledge that during the last board meeting, it was decided that the City will no longer notify members about the Centre's closures due to inclement winter weather. In the past, if school buses were canceled, the Centre would also close for the day. The Travel Team addressed this matter in our meeting on Monday, January 19th, and concluded that it would be the responsibility of the members working that day to decide whether to keep the desk open if the Centre is operational. A notice will be displayed at the Travel Desk to communicate our decision. This winter has been unusual, so we hope there won't be many further closures. Our priority is to ensure our volunteers stay safe and healthy.

Please remember that when we introduce a new trip, only members and/or a member with a guest can register for the first two weeks. After that, both members and non-members are welcome to sign up. The travel team looks forward to traveling with many of you on our various trips.

Mary Lou Busato - Convenor



## Mahjong

Mahjong is played twice a week at the Centre, on Monday and Tuesday. In the craft room from 1:30pm – 4:30pm.

### Monday

Beginners are taught the Asian method, which must be learned before attempting to learn how to play using the National method.

### Tuesday

Beginners of the National method are taught on Tuesdays.

The Activity Fee is 50 cents to play, and you must sign in the Activity Book upon arrival in the Craft 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.

Virginia Guevera Convenor



Please respect our **Scent Free** environment and refrain from wearing scented products when visiting our Club.

## OAIA 2025 CHRISTMAS LUNCHEON DONATIONS

Our annual Christmas Luncheon was held on Friday December 12<sup>th</sup>, 2025, at the Mandarin Markham East Restaurant.

Special thanks go to my team, Beverley Budarick, Mary Lou Busato, Donna McGraw and Gillian Scraggs for their assistance and support.

Thanks go out to the Front Desk Volunteers for their help in selling 120 tickets within a week. Thanks to Mark Barrett for preparing the tickets and to Debra Conrad-Knight for preparing the requests for donations and thank you letters.

Huge thanks go to the following donors for their generous donations for door prizes.

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 Councillor Karen Rea Ward 4, City of Markham  
 Tar Team Real Estate, Markham  
 St. Andrew's Presbyterian Church, Markham  
 St. Andrew's United Church, Markham  
 Bloom Stouffville Retirement Community, Stouffville  
 Mayor Frank Scarpitti City of Markham

OAIA Member Donors Craft Group  
 Muriel Thompson

Helena Miscampbell  
 Special Events Convenor



## Margaret

Margaret sat on her favorite recliner, gazing out the window at the bustling world outside. She chuckled to herself as she adjusted her reading glasses for the third time. “For my age,” she murmured, “I have a lot going for me. My eyes are going, my knees are going, and my back is going...”

Her cat, Whiskers, curled up beside her, seemed to agree with a soft purr. Margaret leaned back, letting the recliner creak in protest. She wasn’t upset about her body’s rebellious tendencies. In fact, she found it oddly amusing.

It hadn’t always been this way. There was a time when Margaret could bound up the stairs two at a time, read the smallest print without squinting, and bend over to tie her shoes without her back chiming in with complaints. But those days were in the rearview mirror, and honestly, she didn’t mind too much.

Her eyes were going, sure—but she’d discovered audiobooks. She loved having someone with a soothing voice read to her while she worked on her knitting. Her knees were going—but that just meant she’d perfected the art of using the elevator at the mall instead of the escalator. And as for her back? Well, that gave her a reason to invest in that fancy heating pad she’d been eyeing for years.

Margaret got up slowly, stretching carefully, and shuffled to the kitchen to make herself a cup of tea. She filled the kettle, waiting for it to boil while humming an old tune. The world might see her as slowing down, but she saw herself as adapting.

She smiled as the kettle whistled and poured the hot water into her favorite floral mug. “For my age,” she said to no one in particular, “I’ve still got plenty going for me.”

She carried her tea back to the recliner, Whiskers hopping back onto her lap. Margaret might not move as fast as she used to, but she had everything she needed—warm tea, a purring companion, and a heart full of gratitude for the journey so far.



## Amazing Longevity!

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

It seems that fate strongly approved of the way Madam Calment lived her life. Jeanne was born in Arles, France, on 21st February 1875.

When the Eiffel Tower was built, she was 14 years old. It was at this time that she met Vincent van Gogh. 'He was dirty, badly dressed and disagreeable' she recalled in an interview given in 1988. When she was 85, she took up fencing, and she was still riding on her bike when she reached 100.

When Jeanne was 114, she starred in a film about her life. At 115 she had an operation on her hip, and at 117 she gave up smoking (having started at the age of 21 in 1896). Apparently, she didn't give up for health reasons, but because she didn't like having to ask someone to help her light a cigarette once she'd become almost blind.

In 1965, Jeanne was 90 years old and had no heirs. She signed a deal to sell her apartment to a 47-year-old lawyer called André-François Raffray. He agreed to pay her a monthly sum of 2,500 francs on the condition that he would inherit her apartment after she died. However, Raffray not only ended up paying Jeanne for 30 years but died before she did at the age of 77.

His widow was legally obliged to continue paying Madam Calment. Until the end of her days, Jeanne retained sharp mental faculties. When she was asked on her 120th birthday what kind of future she expected to have, she replied: 'a very short one.'

"**A Red, Red Rose**" is a romantic poem by Robert Burns that expresses deep and enduring love through vivid imagery and heartfelt promises.

My luve's like a red, red rose,  
That's newly sprung in June:  
O my luve's like the melodie  
That's sweetly play'd in tune.

As fair art thou, my bonnie lass,  
So deep in luve am I:  
And I will luve thee still, my dear,  
Till a'the seas gang dry.

Till a'the seas gang dry, my dear,  
And the rocks melt wi' the sun:  
I will luve thee still, my dear,  
While the sands o' life shall run.

And fare thee weel, my only luve,  
And fare thee weel a while!  
And I will come again, my luve,  
Tho' it were ten thousand mile.



Aren't you glad you have a nose every time you smell a rose!



## CANASTA

We meet from 12:30pm - 4:00pm in the West activity room every Thursday, for a fun afternoon and camaraderie. If you are interested in learning a new card game or to renew your skills...

Contact the front desk.

Keith Shopman - Convenor

## DJEMBE DRUMMING

Wednesdays Noon – 1:00am

In the Craft Room. Signup at the front desk. The cost depends on the number of participants.

Diana Baron - Convenor



## BID EUCHRE

MONDAY EVENINGS - 6:30pm – 10:00pm  
(Craft Room)

If Monday is a Holiday, then we will play on Tuesday, same time and place.

**COST** - \$2.00 (Covers Prize Money and \$.50 Facility Fee)

**PRIZE MONEY** - First \$8.00, Second \$6.00, Third \$5.00

Fourth \$4.00 (Depends on attendance)

If you have never played before, the following is a brief description:

The game is played in teams like regular euchre. Eight cards are dealt. Each player bids on how many tricks he or she thinks they can take.

It is a little more challenging than regular euchre. Two decks of cards are used (face cards only). If you are interested in learning, come out and watch for a night or two and then join in.

Ken and Bev. Budarick – Convenors  
(905-294-5111 Front Desk)





### CHESS

Do you play Chess? Come out and have a game or two. Every Friday in the Craft Room 10:00am to noon. Teaching available.

Frank Dencshazi - Convenor

Contact Front Desk: 905-294-5111



### Knitting!



The Members of the Wednesday Knitting Group have enjoyed knitting for everyone this year and would like to thank the members for showing interest in our projects. Knitted and crocheted items are available from the glass cabinet in the main hall.

If you or your friends have yarn you no longer want, please leave it at the front desk. Thank you in advance.

Valerie McCune - Convenor



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

The programme consists of members getting to know each other through sharing humour, discussing current local and world events, plus other subjects of interest. Pictures, videos and PowerPoint information related to the subject of the day will be presented by a member and viewed on a large movie screen

*Last month, besides current news, some topics were Alzheimer's, the brain and 2 of the 7 wonders: Petra and Christ the Redeemer. Next month we may cover "Identifying Liars and Narcissists" the Benin Bronzes and more wonders of the world.*

On entering, please sign in and deposit your \$0.50 in the "Room Fee" basket. A short break is at 2:00pm at which time coffee, tea, and treats may be purchased.

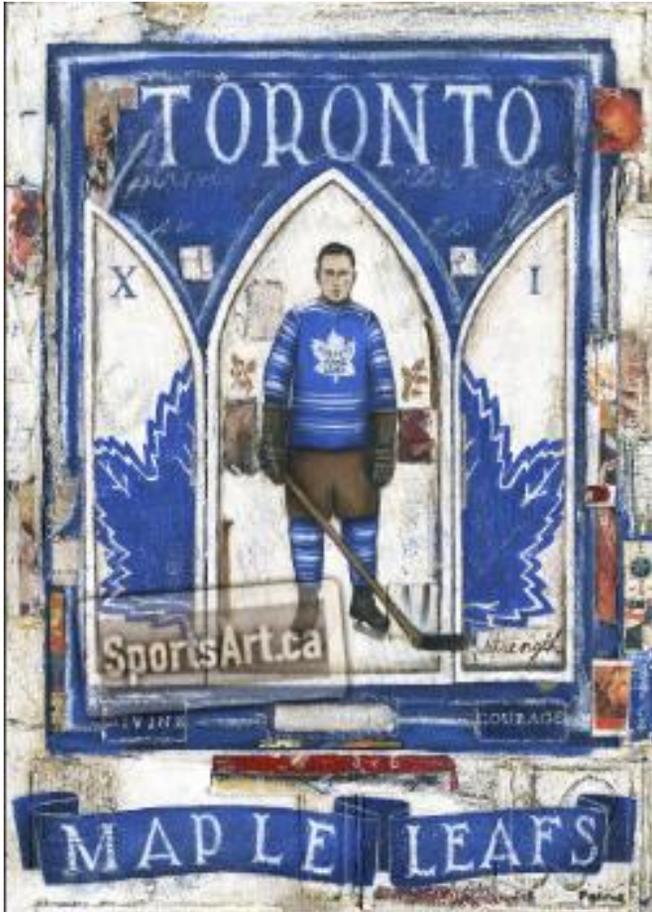
New members are always welcome.

Convenor – Jan Jang  
Co-Convenor – Steve Hircock



Solution to puzzle from page 6

6	7	2	4	5	1	3	8	9
8	4	9	2	6	3	1	5	7
1	3	5	7	9	8	4	2	6
3	1	7	6	8	2	9	4	5
5	9	4	3	1	7	2	6	8
2	8	6	9	4	5	7	1	3
9	5	8	1	3	4	6	7	2
7	6	1	5	2	9	8	3	4
4	2	3	8	7	6	5	9	1




  
 HAPPY  
**Valentine's  
 Day**



**Karen  
 Rea**

Ward 4 Councillor  
 krea@markham.ca  
 905.479.7751

To keep informed on Markham and Ward 4 issues,  
 visit [www.karenrea.ca](http://www.karenrea.ca) or email [krea@markham.ca](mailto:krea@markham.ca)

SEE YOU AT THE MOVIES - WINTER 2026

Markham  
at the  
MOVIES

tiff

FILM  
CIRCUIT

FEBRUARY 24 7:00PM

### IT WAS JUST AN ACCIDENT

The film follows a group of former Iranian political prisoners who face the question of whether to exact revenge on their tormentor.



Tickets \$15 each. Cash at the door or through Flato Markham Theatre Box Office



Follow us

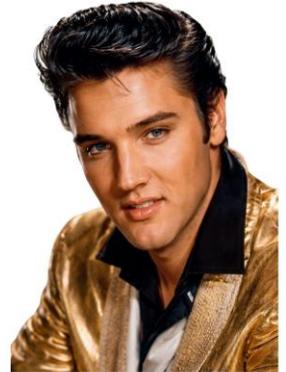


SCAN TO PURCHASE TICKETS

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**DRINKS & SNACK FOR SALE AT THE BAR**

We will have an Elvis impersonator, accompanied by his five piece band. Come and Sing the night away with Elvis!

Bring your family and friends for a fabulous time!  
**SCAN THE QR CODE OR PURCHASE TICKETS AT THE BAR**

For more information, please email [entertainment@mdva.ca](mailto:entertainment@mdva.ca) - [www.mdva.ca](http://www.mdva.ca)

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2

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3

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by Beth Graham, Charlie Tomlinson and Daniela Vlskalic

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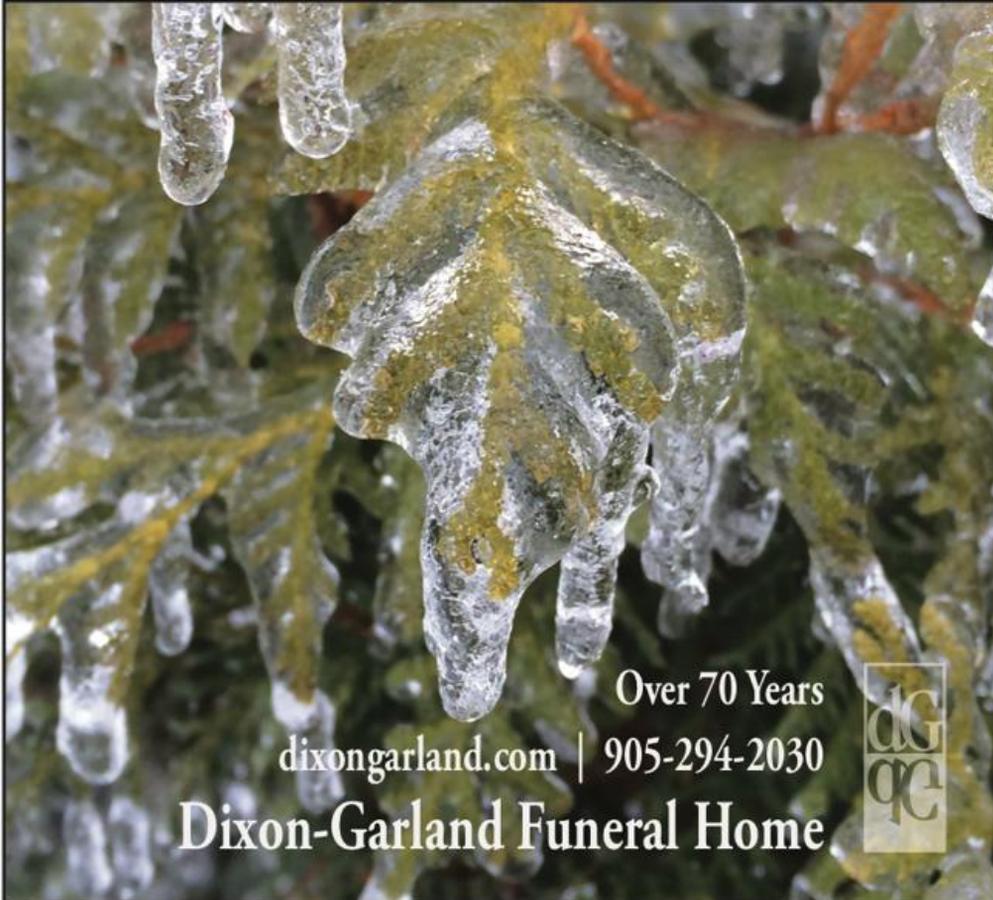


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~ Orison Swett Marden ~



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# Why Choose HearWay?

I have worked as a hearing instrument specialist at some reputable hearing clinics for the past 6 years. After gaining experience, I decided to open my own practice with a mission of delivering the highest quality of hearing healthcare to my patients. "Always delivering best practices with the client's lifestyle in mind."

My hearing clinic stands firmly on the core values of professionalism, reliability, care, and quality. I adopt a client-centric approach to carefully listen to your concerns and work with you to design customized treatment plans.

I am well-versed with the latest technologies and advancements in the hearing healthcare domain and focus on implementing the best industry practices. I am also the recipient of the 2021 Charles Holland Award, which represents a model of hearing excellence across Canada.



**Lyle Mirrett, HIS**  
Hearing Instrument Specialist

## Personalized Hearing Care

Whether you are facing hearing loss symptoms for the first time or need help with choosing the right hearing aid for your lifestyle, I am here to help.

- ✓ Free hearing tests and consultations
- ✓ Hearing healthcare education and more
- ✓ Hearing aid repairs
- ✓ Tinnitus management
- ✓ Mobile/At-Home Services
- ✓ Free hearing tests and consultations
- ✓ Lifetime hearing aid maintenance
- ✓ Hearing aid programming
- ✓ Free wax removal

4591 Hwy. 7, #115  
Unionville, ON L3R 1M6  
**289.554.9754**  
[www.hearway.ca](http://www.hearway.ca)



# Senior Centre Programs

Monday	Tuesday	Wednesday	Thursday	Friday
Snooker 8:30 am - 10:00 pm	Snooker 8:30 am - 10:00 pm	Snooker 8:30 am - 10:00 pm	Snooker 8:30 am - 5:00 pm	Snooker 8:30 am - 5:00 pm
Pickleball - Auditorium 9:00 am - 11:30 am	Exercise - Auditorium 9:00 am - 10:00 am	Osteo Fitness - Auditorium 8:30 am - 10:00 pm	Wood Carving - West Room 9:00 am - 12:00 pm	Table Tennis - East & West 9:00 am - 12:30 pm
Casual Bridge - Craft Room 9:00 a.m. - 12:00 p.m.	Exercise - Auditorium 10:15 am - 11:15 am	Badminton - Cornell 9:00 am - 11:30 am	Exercise - Auditorium 8:30 am - 5:00 pm	Osteo Fitness - Auditorium 9:00 am - 10:00 am
Melody Makers - Auditorium Last Monday in the month 11:45 am - 12:45 pm	Table Tennis - West 9:00 am - 11:00 am	Band Practice - Craft Room 9:30 am - 11:30 am	Canasta - West Room 12:30 pm - 4:00 pm	Badminton - Cornell 9:00 am - 11:30 am
Beg. Line Dance - Auditorium 1:15 pm - 4:30 pm	Water Colours - East Room 9:30 am - 12:00 pm	Book Club - Board Room First Wed 10:15 am - 12:00 pm Second Wed 1:00 pm - 3:00 pm	Crafts - Craft Room 1:00 pm - 3:30 pm	Chess - Craft Room 10:00 am - 12:00 pm
Mah Jong - Craft Room 1:00 pm - 10:00 p.m.	Water Colours - East Room 1:00 pm - 3:30 pm	Tai Chi - Auditorium 8:30 am - 10:00 pm	Cribbage - East Room 1:00 pm - 3:30 pm	Yoga - Auditorium 10:15 am - 11:15 am
Table Tennis - East & West 1:00 pm - 4:30 pm	Yoga - Auditorium 11:30 am - 12:30 pm	Djembe Drumming - Craft Room 8:30 am - 10:00 pm	Pickleball - Auditorium 11:30 am - 1:30 pm	Yoga - Auditorium 11:30 am - 12:30 pm
Line Dancing - Auditorium 2:30 pm - 4:30 pm	Mah Jong - Craft Room 1:00 pm - 4:30 pm	Euchre - Auditorium 8:30 am - 10:00 pm	Osteo Fitness - Auditorium 1:45 pm - 2:45 pm	Duplicate Bridge - Craft Room 1:00 pm - 4:30 pm
Badminton - Auditorium 7:00 pm - 9:30 pm	Cribbage - West Room 1:00 pm - 3:30 pm	Current Events Plus - West Room 8:30 am - 10:00 pm	Pickleball - Auditorium 3:00 pm - 4:45 pm.	Pickleball - Auditorium 1:00 pm - 2:30 pm
Bid Euchre - Craft Room 6:30 pm - 10:00 pm	Zumba Gold - Auditorium 1:15 pm - 2:15 pm	Acrylics - East Room 9:30 am - 12:00 pm		Pickleball - Auditorium 2:45 pm - 4:45 pm
	Zumba Gold - Auditorium 2:30 pm - 3:30 pm	Acrylics - East Room 1:00 pm - 3:30 pm		
	Pickle Ball - Auditorium 7:00 pm - 9:30 pm	Knitting - Craft Room 1:30 pm - 4:00 pm		
		Volleyball - Cornell 1:30 am - 4:00 pm		
		Line Dancing - Auditorium 3:30 pm - 5:00 pm		
		Pickle Ball - Auditorium 6:00 pm - 9:30 pm		

Shaded programs are instructional and require pre-registration. Check with the front desk 905.294.5111 or program Convenor for availability and cost.

Drop In Programs - Registration Not Required					
	Program	Time	Cost	Room	Convenor
<b>Monday</b>	Badminton	7:00 pm - 9:30 pm	\$0.50	Auditorium	Arun Dewan
	Bid Euchre	6:30 pm - 10:00 pm	\$2.00	Craft	Ken Budarick
	Casual Bridge	9:00 am - 12:00 pm	\$0.50	Craft	Margaret Crawley
	Mah-Jong	1:00 pm - 4:30 pm	\$0.50	Craft	Virginia Guevera
	Melody Makers - Last Monday	11:45 am - 12:45 pm	\$2.00	Auditorium	Norma Matus
	Pickle Ball	9:00 am - 11:30 am	\$0.50	Auditorium	Cha Pin Lee
	Snooker	8:30 am - 10:00 pm	\$0.50	Snooker	Steve Riesberry
	Table Tennis	1:00 pm - 4:30 pm	\$0.50	East/West	Alphie Cheng
<b>Tuesday</b>	Cribbage	1:00 pm - 3:30 pm	\$0.50	West	Jeanne Lafond
	Mah-Jong	1:00 pm - 4:30 pm	\$0.50	Craft	Sashi Chitharanjan
	Pickle Ball	7:00 pm - 9:30 pm	\$0.50	Auditorium	Cha Pin Lee
	Snooker	8:30 am - 10:00 pm	\$0.50	Snooker	Steve Riesberry
	Table Tennis	9:00 am - 11:30 am	\$0.50	West	Alphie Cheng
<b>Wednesday</b>	Badminton	9:00 am - 11:30 am	\$0.50	Cornell	Arun Dewan
	Band Practice	9:30 am - 11:30 am	\$1.00	Craft	Betsy Duffy
	Book Club (1st Wed of Month)	10:15 am - 12:00 pm	\$0.50	Board Room	Susan Flatt
	Book Club (2nd Wed of Month)	1:00 pm - 3:00 pm	\$0.50	Board Room	Donna Jacobs
	Current Events Plus	1:00 pm - 3:00 pm	\$1.00	West	Jan Jang
	Euchre	12:30 pm - 3:00 pm	\$2.00	Auditorium	Blair Simpson
	Knitting	1:30 pm - 4:00 pm	\$0.00	Craft	Valerie McCune
	Snooker	8:30 am - 10:00 pm	\$0.50	Snooker	Steve Riesberry
	Pickleball	6:00 pm - 9:30 pm	\$0.50	Auditorium	Alphie Cheng
	Volleyball	1:30 pm - 3:30 pm	\$0.50	Cornell	Joe Signorello
<b>Thursday</b>	Canasta	12:30 pm - 4:00 pm	\$0.50	West	Keith Shopman
	Crafts	1:00 pm - 3:30 pm	\$0.00	Craft	Wendy Wise
	Cribbage	1:00 pm - 3:30 pm	\$0.50	East	Jeanne Lafond
	Pickleball	11:30 am - 1:30 pm	\$0.50	Auditorium	John Varone
	Pickleball	3:00 pm - 4:45 pm	\$0.50	Auditorium	Kai Mark
	Snooker	8:30 am - 5:00 pm	\$0.50	Snooker	Steve Riesberry
	Wood Carving	9:00 am - 12:00 pm	\$0.50	West	Zdenek Brezina
<b>Friday</b>	Badminton	9:00 am - 11:30 am	\$0.50	Cornell	Arun Dewan
	Bridge (Duplicate)	1:00 pm - 4:30 pm	\$1.00	Craft	Bob Ysseldyk
	Chess	10:00 am - 12:00 pm	\$0.50	Craft	Frank Dencshazi
	Pickleball	1:00 pm - 2:30 pm	\$0.50	Auditorium	Clarence Jones
	Pickleball	2:45 pm - 4:45 pm	\$0.50	Auditorium	Clarence Jones
	Snooker	8:30 am - 5:00 pm	\$0.50	Snooker	Steve Riesberry
	Table Tennis	9:00 am - 12:30 pm	\$0.50	East/West	Eric Tam
Instructional Programs - Registration Required					
	Program	Time	Room	Convenor	
<b>Monday</b>	Beginner Line Dancing	1:15 pm - 2:15 pm	Auditorium	Joyce McDowell	
	Line Dancing	2:30 pm - 4:00 pm	Auditorium	Dianne Sweeney	
<b>Tuesday</b>	Exercise	9:00 am - 10:00 am	Auditorium	Lyn Bryan	
	Exercise	10:15 am - 11:15 am	Auditorium	Dan Gilligan	
	Water Colours	9:30 am - 12:00 pm	East	Stella Carageorgopoulos	
	Water Colours	1:00 pm - 3:30 pm	East	Susan Flatt	
	Yoga	1130 am - 12:30 pm	Auditorium	Ruth MacCharles	
	Zumba Gold	1:15 pm - 2:15 pm	Auditorium	Susan Flatt	
	Zumba Gold	2:30 pm - 3:30 pm	Auditorium	Judy Menlove	
<b>Wednesday</b>	Acrylics	9:30am - 12:00 pm	East	Karyn Lockhart	
	Acrylics	1:00 pm - 3:30 pm	East	Karyn Lockhart	
	Djembe Drumming	11:50 pm - 12:50 pm	Craft	Diana Baron	
	Line Dancing	3:30 pm - 5:00 pm	Auditorium	Carol Sparks	
	Osteo Fitness	9:00 am - 10:00 am	Auditorium	Lyn Bryan	
	Tai Chi	10:30 am - 11:30 am	Auditorium	Donna Jacobs	
<b>Thursday</b>	Exercise	9:00 am - 10:00 am	Auditorium	Lyn Bryan	
	Exercise	10:15 am - 11:15 am	Auditorium	Suzen Fromstein	
	Osteo Fitness	1:45 pm - 2:45 pm	Auditorium	Susan Crawford	
<b>Friday</b>	Osteo Fitness	9:00 am - 10:00 am	Auditorium	Lyn Bryan	
	Yoga	10:15 am - 11:15 am	Auditorium	Wendy Wise	
	Yoga	11:30 am - 12:30 pm	Auditorium	Wendy Wise	