NEWS & VIEWS

GAIA

FEBRUARY, 2015



Markham Seniors Activity Centre -22 Water Street, Markham. ON L3P 7P9
Phone: 905- 294- 5111
The News & Views is published nine times annually.

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ACTIVITY LIST UPDATE

I hope that all of our News and Views readers have detached the Activity List to use as a handy reference to our Club's events.
There have been a few changes to the January list which was published in the December issue.

Please change the following:
Monday evening Yoga – from 7:30 – 8:30 p.m.
Convenor – Wendy Wise

Monday afternoon – Table Tennis
Convenor – Alex Chan

Friday morning Computer Class
Commencing January 23, 2015
10 lessons for $40.00

If you notice any errors or omissions, would you kindly contact Audrey Hillis. You can leave a message at the front desk or e-mail to audreyhillis@gmail.com.

RAMA

Convenor needed for the Rama trips ASAP.
Many thanks to Walter Doyle who has been our Convenor for Rama, but has had to step down.
Please contact Marjorie Nielsen, Director at 905-472-6848 or marjnielsen@rogers.com if interested.

Thank you,
Marjorie

President's Report ....Peter Cannon



Hello everyone,

I hope you all enjoyed the Christmas and New Year holiday season and have by now recovered from all the excitement and partying. It was mild at Christmas but Mother Nature has made up for it since, stay well wrapped up and warm.

Did you like the Christmas decorations? We got a new tree and wreaths, all from Costco and they made a great display without costing a great deal. The old ones were donated to charity groups.

A number of people have asked whether we are going to have any more "special events". Unfortunately, we still do not have a new committee to fill this important role. As you may recall, our previous group, who did wonderful work, resigned over unkind, untrue criticism made about them. It was not possible to get those responsible for the slurs to apologize; imagine that, a simple apology could have made the difference. I am appalled and know that many join me, including your whole Board of Directors. If any of you would like to try getting a committee together, please let us know, just advise the Front Desk and I shall be pleased to offer any assistance to help make it happen.

The club will be closed for Family Day on Monday, February 16th. Sorry but it is a public holiday.

As you may be aware, a number of people signed up as interested in a "tai chi" class, the Board of Directors and I are very pleased that a very qualified teacher has been engaged and classes will begin in February. The people who signed up will be contacted and a convenor will have to be selected from that group. Have fun.

Please be kind to other members, wear your badges and follow the club's Code of Conduct.

Do enjoy your club, thank the convenors for their efforts and do offer help to them, either in setting up or taking down after an activity.

February 2015

Current Events

in the Auditorium - beginning at 1pm

4th Feb: France's Shift to the far Right

Recent events in Paris may shift the
French people even further to the right.

11th Feb: Inside France's Islamic Capital

Generations of immigrants have helped to shape the character
of Marseilles and a third of the population are Muslim; but
recently an explosion in violent crime
has torn apart this melting pot.

18th Feb: — France's Burka Ban

As France moves ever closer to banning the burqa,
French residents discuss what the burka represents

25th Feb: — Banning of the headscarf in schools

By banning the headscarf from schools, France
hopes to protect its secular identity.

— coffee/tea and cookies being served —

SNOOKER UPDATE DEC. 19, 2014

Our fall session has just been completed. We tried a different format with 4 players per team (previously 5). Although there were some challenges we were able to work these out with the input and cooperation of the 10 captains. Overall this was successful with all players playing more games and more use of our 'spares'. The final standings were very close and in the first round of the playoffs, the 1st, 2nd and 3rd place teams were eliminated. In the semifinals, Mike Hayes' team squeaked out a 1 point victory to move into the finals against the Bob Sinclair team.

On Tuesday, Dec. 16th we had a very nice lunch and were entertained by Eric Traugott, Brian Webb and Les Miscampbell who each had a turn on the piano. Nell Dunn was presented with a plaque for her many years of convening our snooker league. Following this it was back to the snooker room where Mike Hayes' team of Phil Petrou, Jack Fairney and Syd McCullough were pitted against Bob Sinclair, Bernie Faber, John Matus and Joanne Price. Joanne was the star of these games as she made several key shots in leading her team to victory and the championship. Bob and his team were the first recipients of the Nell Dunn Championship Award. Congratulations to the Bob Sinclair team.

Our winter session will begin in mid Jan. and finish in early April.

...Bob Inkster
Convener

Below is a photo of the winning team and a picture of Nell Dunn who was presented with the Neil Dunn Championship Award in honour of her many years of convening the snooker league. This plaque will be presented to the championship team from the fall session and also from the winter session.





February Lunches.

Friday, Feb 6 Red's burgers.
Hamburgers, hot dogs or sausages.
Ice cream and cookies.
Tea and coffee. $4.00

Friday, Feb. 13 No lunch

Friday, Feb. 20 Club lunch
Juice.
Pork chops with mushroom sauce.
Potatoes and vegetables.
Roll and butter.
Dessert, tea and coffee.
$6.00

Friday, Feb. 27 Red's burgers.
Hamburgers, hot dogs or sausages.
Ice cream and cookies.
Tea and coffee.
$4.00

BINGO.

Lunch Linger Learn

February 2nd 2015 11:45 - 12:45
Medical Care-talks about mobility and health care products

February 9th 11:30 – 12:45
Health talks re low back pain and how to manage with exercise and other health issues.

February 16th
Closed- Family Day

February 23rd 11:45-12:45
Our own Melody Makers



Watercress soup.

2 bunches of watercress
1lb peeled and chopped potatoes
Chicken stock or cube to cover, approx. 4 cups
1 onion
salt and pepper to taste
bay leaf

Boil the potatoes in the stock until they are three quarters cooked. Add the watercress leaves(keep a few of the leaves for decoration), and most of the stalks, onion, bay leaf and salt and pepper. When the potatoes are cooked, remove saucepan from heat and cool.
Puree in blender. If too thick add a little more liquid. Warm and serve with a few leaves as decoration.

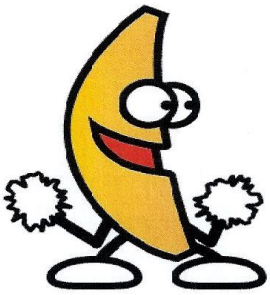
Watercress is one of the most nutritious vegetables, with Calcium and A, C and K. -also iron and iodine and lots of fibre.

….Submitted by Susan Holland.

O.A.I.A.

DANNY MAK ENTERTAINS

THE THIRD FRIDAY EVENING OF EVERY MONTH



DANNY MAK HAS OFFERED TO COME AND ENTERTAIN, LEAD A SING-A-LONG AND SUPPLY SOME DANCE MUSIC

FROM: 7:00 P.M.—9:00 P.M.

LIGHT REFRESHMENTS WILL BE SERVED.

THIS EVENT WILL BE OPEN TO MEMBERS AND THEIR FRIENDS

PROPOSED COST OF TICKETS—$5.00

PLEASE INDICATE YOUR INTEREST BY SIGNING AT THE FRONT DESK

TRAVEL DESK NEWS FOR FEBRUARY 2015

More exciting trips coming your way for 2015. If you have any suggestions or are interested in volunteering at the Travel Desk please let us know. Also, check the Travel Desk and the TV monitor in the lobby for more information.

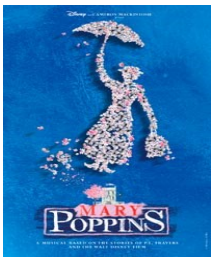
NEW FOR 2015

The Scottish Tattoo on Thursday, January 29th at the Sony Centre



We leave at 3:00 p.m. and return to Markham approximately at 10:45 p.m.
First we visit St. Lawrence Market, dinner at the Old Spaghetti Factory followed by the Scottish Tattoo performance at the Sony Centre. Cost: $130.00 NM $135.00 includes your transportation, meals, gratuities and performance. Wait list only.

Mary Poppins – Broadway Musical presented by the Unionville Theatre Co.



At Flato Markham Theatre on Wednesday February 18th 2015 at 10:30 a.m. matinee.
Cost: $16.00 for everyone. Transportation is NOT included.

Ripley's Aquarium of Canada – Wednesday, March 25th.

We will enjoy a 2 hour guided city tour with Toronto historian Bruce Bell. Delicious meal at the Hot House Café, followed by a 2 hour visit at the Ripley's Aquarium.



Cost: $91.00 NM $96.00. Seats still available.

Future trips include Shaw Festival Theatre, Sweet Charity, at Niagara On The Lake, visiting the Toyota Plant in Cambridge, Grand River Cruise in July, Credit Valley Explorer in October, day trip to Kingston and more.

Our Travel Desk is open Monday to Friday, from 10:00 a.m. to 2:00 p.m.
When you book your trip, it is your responsibility to make a note of it on your calendar so you don't forget. Our policy stands, NO REFUNDS. Once you have booked your trip, it is up to you to find a replacement. We will try to get someone to take your place if we have a wait list.

You must pay at the time of booking, cash or cheque made out to **O.A.I.A**. dated the day you are booking. If you are paying cash, please have the exact amount, we cannot make change. Any food allergies or if you wish to sit with your friends at a certain performance, please let us know at the time of booking. Thanks.

…Helena Miscampbell
Travel Convenor

BINGO
February 2015

Wed. 4th	7:00 pm
Wed. 11th	7:00 pm
Wed. 18th	7:00 pm
Wed. 25th	7:00 pm
Fri. 27th	1:00 pm

...Surinder Singh
Convenor



THURSDAY AFTERNOON CRAFT GROUP

Happy New Year to everyone and hope that 2015 will be a good one. With the Bazaar behind us we will now put our efforts towards the fall and another sale. A big 'thank you' to all who have left craft materials at the front desk for our group. As most is left there without a name it is hard to personally say thanks.

Our group meets on Thurs. at 1 p.m. in the craft room and new members are most welcome. Drop in – have a cup of tea – and see if you would like to join us, and perhaps have some new ideas for us.

A sampling of our work is always in the front cabinet for sale from the volunteers on the front desk.

...Beverley Budarick
Convenor

A FEW THOUGHTS……..

..Borrow money from a pessimist—they don't expect it back.

..I didn't fight my way to the top of the food chain to be a vegetarian.

..I don't suffer from insanity; I enjoy every minute of it.

..No one is listening or watching until you make a mistake.

..He who laughs last thinks slowest.

..Consciousness; that annoying time between naps.

..Change is inevitable, except from a vending machine.

..I intend to live forever. So far so good.

Welcome 2015!

We wish you and yours a new year filled with love, laughter, peace, good will and
gratitude.

Please note that the Markham Seniors Activity Centre will be closed on Family Day, Monday February 16.

The following older adult special events will be held at our Cornell Community Centre:

Thursday January 22 — 11:00 am — Walking with Poles Demo on the indoor walking track at Cornell
Sponsored by Medichair, refreshments sponsored by Rouge Valley Retirement Residence – cost – free
If you enjoy walking, you will really enjoyed 'enhanced' walking with poles. We will supply the poles and Gale, our certified instructor.
Please register at the front desk at Cornell Community Centre or by calling Carol Manning at 905 294-6111 ext. 4344

Tuesday February 24- noon- Fashion Show by Peppertree Klassics
Refreshments sponsored by Chartwell Retirement Residences – cost free
Please register at the front desk at Cornell Community Centre or by calling Carol Manning at 905 294-6111 ext. 4344

Carol Manning
Community Program Supervisor, East Markham
The City of Markham
8600 McCowan Road
Markham, Ontario L3P 3M2
905 470-3590 ext. 4344
Mobile 647 300-0397
Fax 905 470-3589

From the Mah-Jong Tables for February 2015

Hopefully, everyone who caught the FLU is better now, certainly knocked me for a loop…have not be sick like that in years…even having had the flu shot in Nov.
So, we are into a New Year…Happy New Year to everyone
By now the Snow Birds have flown the cold and are enjoying the nice whether in the South. Us other hardy Canadians remain to keep our Mah-Jong skills in good form.
Please remember to wear your badges, there are still new people joining the Club and would like to know who they are talking to, on site.

Top Scores for Mondays: Nov. 24th was Ange D. with 4912; Dec. 8th was Eileen K. with 6272; Dec. 15th was Kay W. with 3582; Jan. 5th was Mary J. with 2406; Jan. 12th was Anita with 2016.

Top Scores for Tuesdays: Nov. 18th was Winnie L. with 2144; Nov. 25th was Susan H. with 2488; Dec. 2nd was Ellie M. with 7552, honourable mention is Ruth K. with 3020; Dec. 9th was Ellie M. with 9752, honourable mention is Nancy K. with 5852 & Jeanne C. with 3472; Dec. 16th was Ellie M. with 19,968, honourable mention is Ange D. with 2566; Jan. 6th was Marcia P. with 3822, honourable mention is Joan G. with 3536; Jan. 13th was Helen K. with 3488.
Excellent scores everyone….Congratulation!

Special Notice: We will continue to **teach beginners The Asian version** of Mah-Jong on **Mondays only at 1:30** pm till 4:30 pm starting in 2015.
We will also continue to **teach The National Mah-Jong** on **Tuesdays only at 1:00** to 4:30 pm starting in 2015.
Any questions, you can contact Marcia Paci at 905-472-1271.

… Marcia Paci
Convenor

Over the years…...



Casino Rama
Attention All participants

January 18, 2015

The cost of $5.00 per person is maintained ***if you sign up and pay by 17:00 the Thursday prior to the Thursday of the tour.*** After this time you can still sign-up for the tour however the cost will be $7.00.

The current situation has not changed, we still require 40 participants by the Thursday prior to the Thursday of the tour or we will likely have to cancel the tour. We have failed to obtain the 40 participants four occasions since April, 2014:

1) April with 30 participants resulting in the tour being cancelled
2) July with 39 participants
3) September with 34 participants
4) January 2015 with 35 participants

The transportation company receives $3.00 per person on the bus and $25.00 for every person below 40 on the tour. The club also pays $55.00 remuneration to the driver. These charges are paid out of the $5.00 fee paid by each participant. Thus the Club looses money if we do not obtain 40 participants. Even when we do get the 40 participants by the Thursday prior cancellations can put us under the 40 required. The participation for example in October and November was 51 and 50 respectively. ***Well done!*** This allows us to bank some funds for future times when we do not get 40 participants. This is how we were able to fund July and September in 2014. (remember in September we reduced the fee paid be each participant from $7.00 to $5.00 which reduced our flexibility in allowing a trip with less than 40 to go.)
To put is in line with other group tours we will be passing around a basket to collect what each of you feel the drivers remuneration should be. This will be put in place as of the March 2015 tour.

The sign-up sheets for Feb., Mar. & Apr. are now in the Casino Rama binder.

January 18, 2015

TOUR SCHEDULE CHANGES

The following Schedule changes have been made to put the tours on the second Thursday of each month. These new tour dates are:

Feb. 12, 2015
Mar. 12, 2015
Apr. 9, 2015

There will be no changes to Nov. and Dec. which are the first Thursday of each month.

Thank you
Walter Doyle
Casino Rama Convenor

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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

Profound Thoughts

As I hurtled through space, one thought kept crossing my mind-every part of this rocket was supplied by the lowest bidder—*John Glenn*

When a man opens a car door for his wife, it's either a new car or a new wife.—*Prince Phillip*

Having more money doesn't make you happier. I have 50 million dollars but I'm just as happy as when I had 48 million.—*Arnold Schwarzenegger*

We are here on earth to do good unto others. What the others are here for, I have no idea.
—*WH Auden*

Home cooking. Where many a man thinks his wife is.—*Jimmy Durante*

The first piece of luggage on the carousel never belongs to anyone.—*George Roberts*

I have kleptomania, but when it gets bad, I take something for it.—*Robert Benchley*

If God had intended us to fly he would have made it easier to get to the airport.
—*Jonathan Winters*

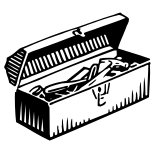
Lawyers believe a person is innocent until proven broke.—*Robin Hall*

After the game, the King and the Pawn go onto the same box.—Old Italian proverb

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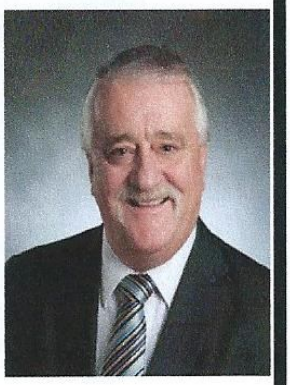
February 14, 2015

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

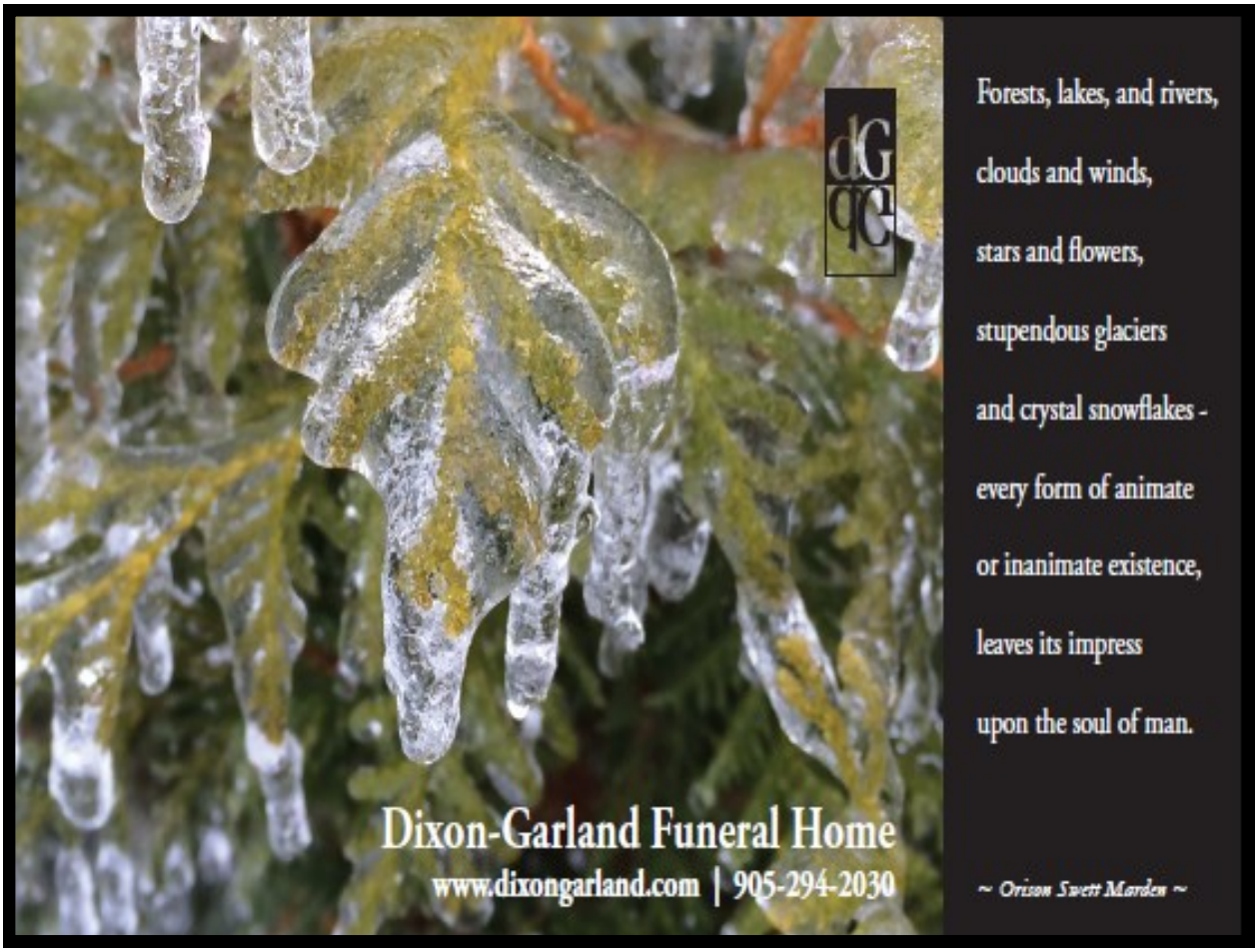
WARD 5
Councillor Colin Campbell

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



THE WEDNESDAY AFTERNOON KNITTING CLUB wishes everyone a happy New Year.

We have gotten off to a good start and we would like to tell you what we have been doing since Christmas.

We sent a large box of clothing, blankets and household items to the Rose of Sharon in Newmarket.

The Salvation Army received our hats, mitts and scarves.

A number of knitted quilt squares have been sent to the Canadian Addiction and Mental Health Organization to be sewn together for the needy.

Approximately 12 rescue cats are stretching out on the cat blankets we knitted for them.

I would like to thank several for their donations of yarn and supplies. Also a friend, Jeannette, forwarded me yarn via her daughter. Joy has donated several items for distribution in the fall. Thanks to all.

We have already got started for the Fall of 2015. Don't forget to check the display case in the lobby as things change periodically throughout the Year.

Happy Valentine Day

... Joyce Bulgin

Convenor

O.A.I.A.
TAI-CHI IS HERE
STARTING FEBRUARY 4, 2015
11:15 A.M.—12:15 A.M.



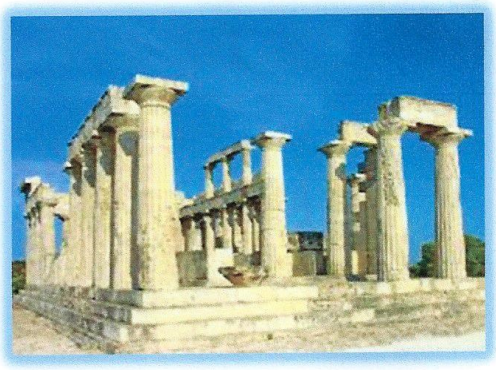
CLASSIC TAI-CHI INSTRUCTOR—DANIEL CHOU
COST: $30.00 FOR 10 WEEK SESSION
THIS CLASS IS FILLING UP QUICKLY SO
PLEASE SIGN UP EARLY

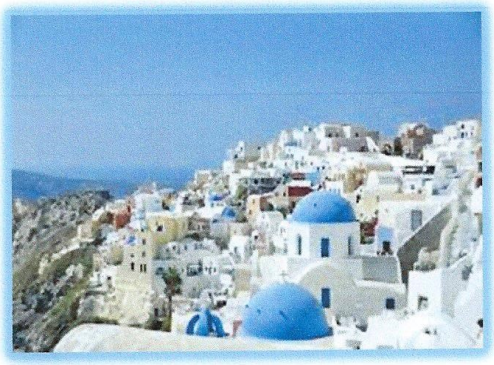
The Clock of Life

is wound but once
And no man hath the power
To say just when the
hands will stop.
At late or early hour.
Now only is the time
Thine own
To live and love and
Toil with a will:
Put no faith in to-morrow
For the Clock may then be still.

….submitted by Aileen Gibbons

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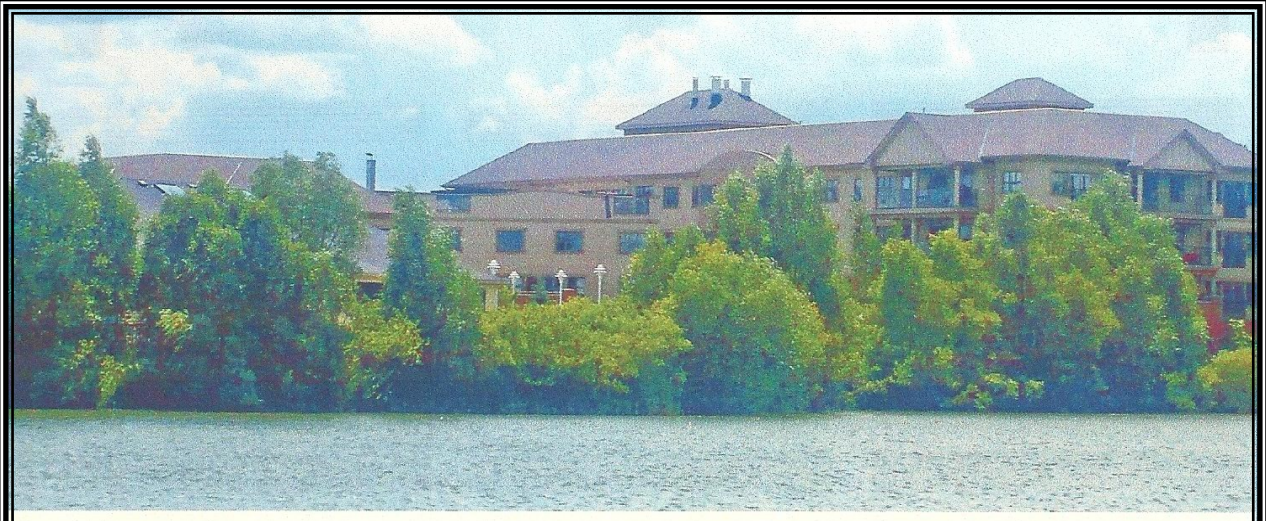
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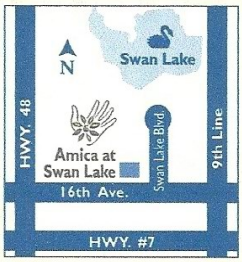


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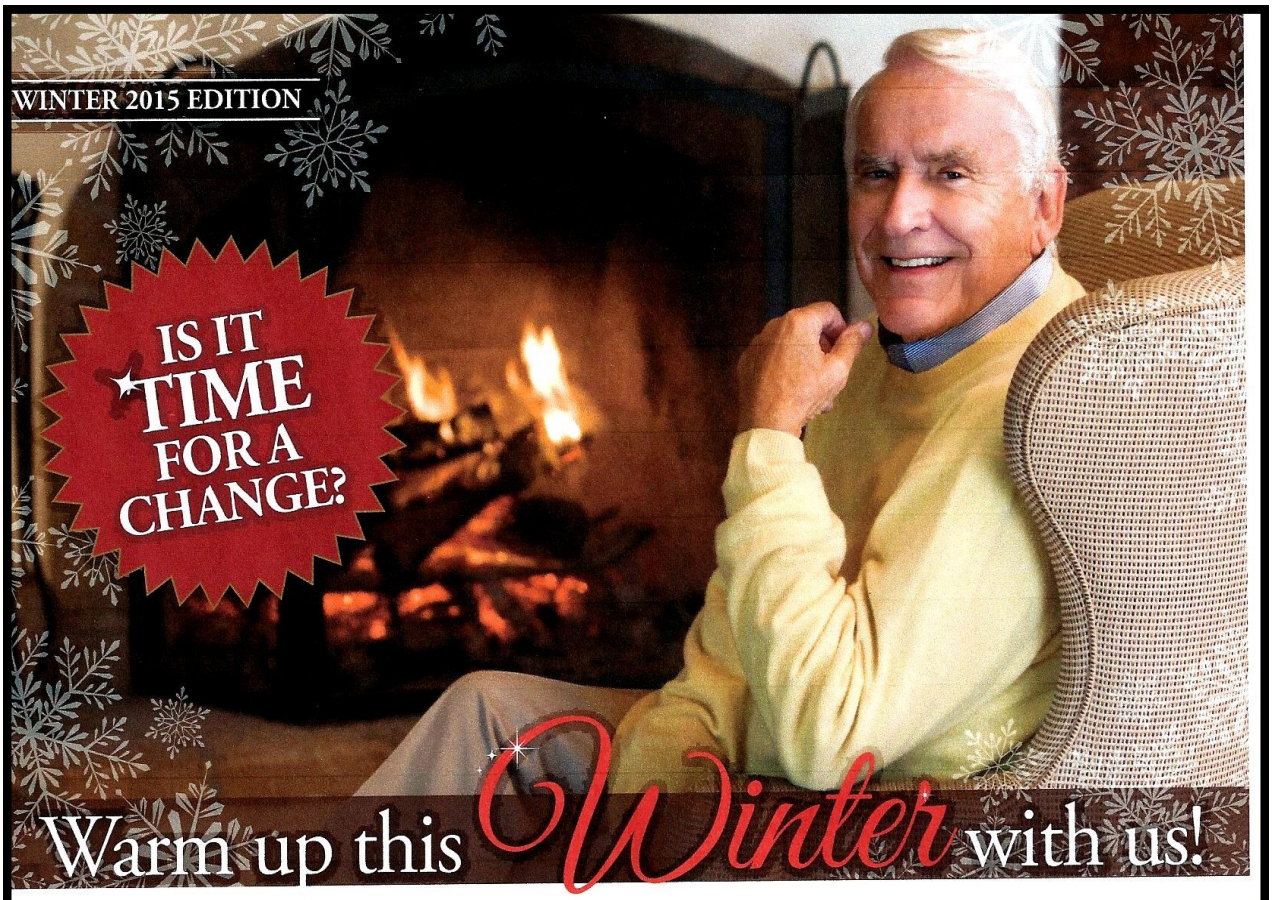


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