

Stouffville 55+ Club Newsletter

Stouffville 55+ Club Town Hall Meeting

Our monthly meeting will be held October 9th. Please note: due to a morning event, the time for this meeting has been changed to 1:30pm in the lounge of 6240 Main Street

Stouffville 55+ Club Town Hall meetings are held on the second Wednesday of each month. All members are welcome.



Monthly Club Lunch Dates

October 24th Lunch is sold out.
Join the waitlist in the event of cancellations

November 20th Lunch Date
Registration for November Lunch
Opens October 21 at 9:30am

December 16th Lunch Date
Registration for December Lunch
Opens November 18 at 9:30am

Early registrations will not be processed. Register online via Activenet, in-person at 6240 Main Street or by emailing 55plus@townofws.ca when registration opens.

Looking Ahead

It is starting to feel like autumn with the days getting shorter and the leaves beginning to fall.

Drop-in programs are up and running. Please scan or sign in when attending a drop-in or using the lounge. Registered programs are also in full swing with the second session beginning at the end of October. Register soon to ensure a space in your favourite class.

Registration is now open for the **Seniors Active Living Fair** on **October 17th**. The first 150 registrants will receive a grab bag and a free BBQ ticket. This event is open to all seniors in the Stouffville area. See flyer for more details.



For registered program information, visit the front desk of 6240 Main Street or email 55plus@townofws.ca



NEW Extended Lounge-Hours for the Stouffville 55+ Club

Monday	9:30am - 4:00pm 6:00pm - 9:00pm*
Tuesday	9:30am - 4:00pm 6:00pm - 9:00pm*
Wednesday	9:30am - 4:00pm
Thursday	9:30am - 4:00pm
Friday	9:30am - 4:00pm 6:00pm - 10:00pm*
Sunday	9:30am - 1:00pm*

*Extended lounge hours allow for members to enjoy use of the lounge for social connection

Save the Date this Fall

October 8th - Alzheimer Society of York Region Thanksgiving Craft

October 17th - Seniors Active Living Fair

November 8th - Heart to Home Tasting & Lunch* *date change

November 12th - Alzheimer Society of York Region Craft

November 14th - Amica Aurora Promenade Brain Fitness Lunch and Learn

December 10th - Alzheimer Society of York Region Craft

December 17th - Holiday Concert Event

December 31st - New Year's Eve Lunch and BINGO Event

Register online via Activenet, in-person at 6240 Main Street or by emailing 55plus@townofws.ca when registration opens.

Looking Ahead (cont.)

The Alzheimer Society of York Region will be providing seasonal craft activities in partnership with local store, Redefined Finds. Register through the Alzheimer Society of York Region to participate. Please see flyer for more details.

Please note the date change to November 8th for the Heart to Home tasting and free lunch. Registration for this event is now open.

Join us on November 14th at 11:30am for a Brain Fitness Lunch and Learn (Barcode 35111) featuring wellness expert Victoria Muir, sponsored by partner Amica Aurora Promenade. This free event will feature both physical and mental exercises to help keep our brains healthy and in shape. Registration is now open.



Monthly Clinics

Nurse Next Door Blood Pressure Clinic

Register for this free blood pressure clinic, operated by partner Nurse Next Door on the second Tuesday morning of each month to support heart health.



HEAR Canada Hearing Clinic

This free hearing clinic, operated by partner Hear Canada the first Thursday morning of each month provides hearing aid battery checks, and help with replacement, initial hearing screening, and the opportunity to ask questions of an audiologist.



Service Canada Clinic

Meet one on one with a Service Canada representative to get help and information on accessing your MyServiceCanada account, Pension, Employment Insurance, SIN and the Canadian Dental Care Plan. This clinic operates on the second Thursday morning of each month.



Foot Care Clinic

Register for a footcare appointment with a trained nurse from Memories + Group Home Healthcare Services on the third Thursday of each month, featuring services for:

- diabetic foot care
- dry, cracked heels
- calluses, corns, ingrown, or fungal toenails

\$60 cost for services will be paid at time of appointment, directly to the nurse.



Ear Wax Clinic

Free appointments with an audiologist from HEAR Canada for ear wax removal are available on the fourth Thursday morning of each month. Spaces are limited. Register by visiting the front desk of 6240 Main Street or by emailing nora.jones@townofws.ca Your appointment time will be confirmed by phone one week in advance.



Spaces for each clinic are limited. Register by visiting the front desk of 6240 Main Street or by emailing 55plus@townofws.ca

Your appointment time will be confirmed by phone or email, one week in advance.

Silver Smiles

How do you repair a broken Jack'o'lantern?

Use a pumpkin patch!



55+ Book Clubs

While the many of our current book clubs are close to, or at capacity, please inquire at the front desk of 6240 Main Street if you are interested in joining as two new book clubs are opening this month.

New this season, join the Stouffville 55+ Club Writing Club. This member-led group seeks to connect writers of all experience and ability to encourage creative growth. For more information, see the front desk of 6240 Main Street.

55+ Writing Club

Stouffville 55+ Club Drop-Ins



The fall Drop-In Schedule is available in print at the Stouffville 55+ Club and is included at the end of the newsletter.

Note: the return of Tap Dancing!

Look out for "The Scorecard" at the Stouffville 55+ Club celebrating the achievements of our card sharks and tile turners



STOUFFVILLE 55+ CLUB



Seniors Active Living Fair

Thursday, October 17th
10 AM – 3 PM • 6240 Main St



Participate in
workshops
and learn
from health
presenters

The first 150 registrants
will receive a tote bag and
ticket for the Fair BBQ

Funding provided by:



OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Fair events will include:

- Live cooking demos
- Health and wellness trade show
- Workshops and education sessions
- Fitness demonstrations and 'try-it' classes

Register via your Activenet account for this
free day of health and wellness (Code 34947)

For more information email: 55plus@townofws.ca

townofws.ca/seniorsfair



Alzheimer Society re·de·fined / finds

YORK REGION

ACTIVE LIVING CREATIVE WORKSHOP

In partnership with Redefined Finds this program combines creativity, mental and social stimulation for individuals living with dementia and their caregivers. This program is a great opportunity to establish new friendships with others living with similar experiences.

October 8 - Fall Table Box

November 12 - Holiday Card making

December 10 - Intentional Bracelets

January 14 - Canvas Painting

February 11 - Cookie Decorating

March 11 - Centre Pieces with Perennial Petals

\$20 (cash only) per couple for 6 weeks

All sessions from 1:00pm - 3:00pm

6240 Main St Whitchurch-Stouffville

**Registration is required
contact Jennifer Barta at**



437-238-6571



jbarta@alzheimer-york.com





Stouffville 55+ Club

Welcomes you to....



FOOD TASTING

Complimentary Lunch will be Provided

**COME OUT AND JOIN US FOR
A FOOD TASTING EVENT BY
HEART TO HOME!**

WHEN?

Friday, November 8th
11:30 am - 1:30 pm

WHERE?

6240 Main Street

**THERE ARE A LIMITED NUMBER
OF SPOTS -PRE-REGISTRATION
IS REQUIRED!**

RSVP: By October 31 (Thurs)

Register on Activenet
(Barcode 35109) or by visiting
the front desk of 6240 Main
Street or emailing
55plus@townofws.ca



Fall 2024 Drop-in Schedule

55+ Club Schedule

September 9 – December 23, 2024

Note

Occasional cancellations may occur due to special events and holidays. Schedule subject to change. Please check the website for cancellations.

📍 6240 Main Street

Monday	Tuesday	Wednesday	Thursday	Friday
A.M. PROGRAMS				
Chinese Public Square Dancing 9:30am – 11:00am	Tap Dancing: Seated* 11:00am – 11:30am	Chinese Public Square Dancing 9:30am – 11:00am	Practice Bridge* 10:00am – 11:30am	Chinese Public Square Dancing 9:30am – 11:00am
Billiards and Snooker 9:30am – 3:00pm	Tap Dancing: Seated* 11:30am – 12:00pm	Billiards and Snooker 9:30am – 12:00pm		Billiards and Snooker 9:30am – 12:00pm
Table Tennis at Latcham Hall 9:30am – 3:00pm		Table Tennis at Latcham Hall 9:30am – 12:00pm		Table Tennis at Latcham Hall 9:30am – 12:00pm
P.M. PROGRAMS				
Painting and Colouring Circle 1:00pm – 4:00pm BYO Materials	Canasta/Hand & Foot 1:00pm – 4:00pm	Contract Bridge 1:00pm – 4:00pm	CHATS Program (\$5) 1:30pm – 3:30pm	Contract Bridge 1:00pm – 4:00pm
	Duplicate Bridge 1:00pm – 4:00pm Partner required	Knitting/Crochet/ Needlework Circle 1:00pm – 4:00pm BYO Materials	Cribbage 1:00pm – 4:00pm	Euclre 1:00pm – 4:00pm
	National Mahjong 1:00pm – 4:00pm		Mahjong 1:00pm – 4:00pm	Evening Bid Euclre 6:30pm – 10:00pm

Note

*Program requires registration. Please call 905-642-7529 ext. 5332 or email 55plus@townofws.ca to register.

Open Lounge Hours

Mon – Fri: 9:30am – 4:00 pm Fri: 6:00pm – 10:00pm
 Mon, Tue: 6:00pm – 9:00 pm Sun: 9:30am – 1:00 pm

Drop-in Programs: 55+ Club // Revised: Sept 5, 2024

For the latest information please visit us at townofws.ca/dropin