

55+ CLUB NEWSLETTER

LOOKING AHEAD

As we head into fall, we continue to enjoy warm weather and engaging activities. Registration for fall programs is open and new workshops and activities will be added to the schedule ongoing. **Watch for email updates and make note of new dates in the monthly newsletters.**



Please note the change from 4-week to 6-week sessions for registered programs. (Copies of the Playbook are available at the Leisure Centre or the Stouffville 55+ Club.) Classes with low registration will be cancelled one week prior to start date. Please make note of a need of registrants for the following classes:

Chair Yoga – Tuesday (28954) and Thursday (28956)
DIY Crafty Creations (29815)
Gentle Yoga – Tuesday (28991) and Thursday (28993)
Seated Fitness: Strength & Balance (29809)
Stepping Together (29059)
Sweet Songs (29817)



Our Stouffville 55+ Club Drop-In schedule is available at the end of the newsletter. While the schedule indicates a start date of September 18th, most Drop-In programs will be running in the early weeks of September. Tap Dancing returns Tuesday, September 12th. You must pre-register for this activity. **Please remember to scan in with your membership card when attending Drop-In activities.**



Our **free, monthly hearing clinic** sponsored by HEAR Canada operates from 9:30am-12:00pm the first Thursday of each month and provides battery checks and help with replacement, cleaning, initial hearing screening, wax removal, and the opportunity to ask questions of an audiologist. Spaces book quickly. Register at the front desk of 6240 Main Street for your appointment time.

This month's **55+ Club Town Hall** will be held **Wednesday, September 13th at 6:30pm** in the lounge of 6240 Main Street. Monthly Town Hall meetings are open to members and residents over 55 interested in hearing upcoming plans for programs, discussing ideas for events and sharing feedback on activities and membership experience.

A reminder of two lunch events this month:

Thursday, September 21st at 12:00pm – Free Estate Planning Lunch and Seminar

There are limited (free) registration spaces still available for this event.

Monday, September 25th at 12:00pm – Stouffville 55+ Club September Lunch

This is a sold-out event. Waitlisted participants will be contacted in the event registration spaces become available.

Drop-In events will be cancelled to accommodate lunches. Registered programs will still run.



Stouffville 55+ Club October Lunch - Wednesday, October 25th.

Registration for the October Lunch will open on September 11th. Menu and cost information will be viewable on Activenet, sent via email and posted at 6240 Main Street on September 8th. Spaces cannot be reserved in advance of September 11th. Registration can be completed online via your Town Activenet account, in person at 6240 Main Street or by calling or emailing Nora Jones on September 11th.

AND THE WINNERS ARE...

August 2023 Scores

DUPLICATE BRIDGE

August 1: N/S, Bob & Lloyd; E/W, Cathi & Sue. August 8: N/S, Marg & Donna; E/W, Renata & Maureen. August 15: N/S, David & Cathy; E/W, Cathi & Sue. August 22: N/S, David & Wilkie; E/W, Carole & Dorothy. August 29: N/S, Susan P & Sheila; E/W, Gord & Vida.

CONTRACT BRIDGE

August 2: Doris, 4,100. August 4: Sheila, 4,170. August 9: Sheila, 3,850 edging out Barry (3,610). August 11: Barry, 4,180. August 16: Nelda, 4,540. August 18: Sheila, 5,770. August 23: Nick, 3,460. August 25: Doris, 4,770, edging out both Nick (4,520) and Judy (4,500). August 30: Doris, 5,590.

MAH JONG

August 3: Evelyn, 2,570. August 10: Sandra, 3,004. August 17: Anna, 4,860. August 24: Carol, 7,064. August 31: Marg, 2,758.

BID EUCHRE

August 4: 1st, Dina, 287; 2nd, Linda, 283; 3rd, Denise, 280; low, Marg, 196; moonshot, Dina. August 11: 1st, Bernice, 268; 2nd, Peg; 3rd, Bev; 4th George; moonshots, Linda & Dorothy. August 18: 1st, Diane, 286; 2nd, Adam, 279; 3rd, Barb, 278; low, Marg; moonshots, Bev & Barb. August 25: 1st, Dina, 285; 2nd, Bev, 269; 3rd, Diana, 264; 4th, Peg, 249; moonshot, Peg.

For information about our Drop-In card games, visit the front desk of 6240 Main Street or email Nora Jones at nora.jones@townofws.ca Continued thanks to Carol Morin for helping us to celebrate our game-playing communities' wins through gathering and organizing score information.

DON'T FALL FOR IT!

**IMPROVE YOUR BALANCE AND
COORDINATION IN 6 WEEKS!**

**A WEEKLY EXERCISE CLASS
DESIGNED TO IMPROVE YOUR
BALANCE AND STRENGTH**

Registration is **required**.
Registration can be done by visiting
the front desk of 6420 Main Street
or by emailing Nora Jones at
nora.jones@townofws.ca

**THURSDAYS 12:30 - 1 PM
STARTING SEPT 28TH -
NOV 2ND
IN THE EXERCISE ROOM**

**LED BY DR. TRINA TING +
DR. CHRISTINA SCHOER,
CHIROPRACTORS AT
ADVANCED CHIROPRACTIC
+ WELLNESS CENTRE**

advanced CHIROPRACTIC
+ wellness centre

WWW.ADVANCEDCHIRO.CA



Minds in Motion®

A physical activity and brain stimulation program for people with dementia and their care partners.

Give your mind and body a boost!

Minds in Motion® is a program that combines physical activity and mental and social stimulation for individuals with early to mid-stage Alzheimer's disease and other dementias, and their care partners. This program is offered once a week for 8 weeks and offers a great environment to establish new friendships with others who are living with similar experiences.

LOCATION

Stouffville 55+ Club
6240 Main St,
Whitchurch-Stouffville

START DATE

Tuesdays,
October 3 – November 21, 2023

TIME 1:00 – 3:00pm

REGISTRATION FEES

\$20 fee for care partner +1,
pre-registration is required,
space is limited, not a drop off.

TO SIGN UP OR LEARN MORE, CONTACT:

Jennifer Barta, SSWG
Minds in Motion Coordinator at

jbarta@alzheimer-york.com or
call 905-506-0129

Delivered in partnership with
Stouffville 55+ Club and
Catherine and Michael Kirk



This program is funded by:

Alzheimer's Society of Ontario

Alzheimer Society
YORK REGION



BOOK CLUB INFORMATION

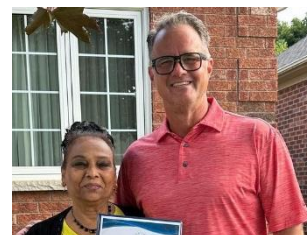
Afternoon Book Club 1 , **2**, and **Evening Book Club** are all close to full registration. If you have interest in joining a book club, please visit the front desk of 6240 Main Street or contact Nora Jones.

Afternoon Book Club 1 meets on the 4th Friday of the month at 1:30pm. **Afternoon Book Club 2** meets on the 3rd Friday of the month at 1:30pm. **Evening Book Club** meets monthly on the 4th Wednesday of each month at 7:00pm. All book clubs meet in the lounge of 6240 Main Street.

CONGRATULATIONS

There were many special recognitions of member's achievements in the month of August.

A hearty congratulations to Rochelle D'Souza on the occasion of her 80th birthday and recognition of her work supporting seniors in the community through the Stouffville Legion.



Thanks to Dr. Don Petrie for the installation of his sundial collection at 6240 Main Street. Do not miss your opportunity to come and see this display. Congratulations to Don as well on the occasion of his 90th birthday and presentation of a Community Impact Award for promoting Healthy and Active Living.



Congratulations goes to Diane Ward, also a recipient of a Community Impact Award for Generational WS as she brought generations together through the Loops program.



SMILES

Age-Activated Attention Deficit Disorder

I decided to water my garden.
As I turn on the hose in the driveway,
I look over at my car and decide it needs washing.

As I start toward the garage,
I notice mail on the porch table that
I brought up from the mailbox earlier.

I decide to go through the mail before I wash the car.

I lay my car keys on the table,
Put the junk mail in the garbage can under the table, and notice that the can is full.

So, I decide to put the bills back
On the table and take out the garbage first...

But then I think,
"Since I'm going to be near the mailbox
When I take out the garbage anyway,
I may as well pay the bills first."

I take my chequebook off the table,
and see that there is only one cheque left.
My extra cheques are in my desk in the study,
so I go inside the house to my desk where
I find the can of Diet Coke I'd been drinking.

I'm going to look for my cheques, but first I need to
push the Diet Coke aside so I don't accidentally
knock it over.

The Diet Coke is getting warm, and I decide to put
it in the refrigerator to keep it cold.

As I head toward the kitchen with the Diet Coke,
a vase of flowers on the counter catches my eye--
they need water.

I put the Diet Coke on the counter and discover my
reading glasses I've been searching for all morning.

I decide I better put them back on my desk, but
first I'm going to water the flowers.

I set the glasses back down on the counter, fill a
container with water and suddenly spot the TV
remote.

Someone left it on the kitchen table.

I realize that tonight when we go to
watch TV, I'll be looking for the remote, but I won't
remember that it's on the kitchen table, so I decide
to put it back in the den where it belongs, but first,
I'll water the flowers.

I pour some water in the flowers, but quite a bit of
it spills on the floor.

So, I set the remote back on the table, get some
towels and wipe up the spill.

Then, I head down the hall trying to remember
what I was planning to do.

At the end of the day:

The car isn't washed

The bills aren't paid

There is a warm can of Diet Coke sitting on the
counter

The flowers don't have enough water

There is still only 1 cheque in my chequebook

I can't find the remote

I can't find my glasses

And I don't remember what I did with the car keys

Then, when I try to figure out why nothing got
done today, I'm really baffled because I know I was
busy all day!

...And I'm really tired.

I realize this is a serious problem, and I'll try to get
some help for it, but first, I'll check my e-mail...

UPDATE

YOUR INFO



During the months of August and September, we encourage all 55+ Club members to ensure their demographic information is up-to-date in our system. Please visit the front desk of the Stouffville 55+ Club or contact Nora Jones to ensure your phone number, home address and email is correct.

**55+ CLUB****6240 Main Street****FALL DROP-IN ACTIVITY SCHEDULE**September 18th – December 15th, 2023

1:00PM - 4:00PM (Unless noted otherwise)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Lounge 11AM-1PM	Chinese Public Square Dancing 9:30AM-11AM	Canasta/Hand & Foot	Chinese Public Square Dancing 9:30AM-11AM	HEAR Canada Monthly Free Hearing Clinic 10AM-12PM *Contact Nora to register	Billiards/Table Tennis 9:30AM-11AM Chinese Public Square Dancing 9:30AM-11AM	
	9:30 - 4:00 Table Tennis	Duplicate Bridge *You must attend with a regular partner	Billiards, Snooker & Table Tennis 9:30AM-11AM	Practice Bridge 10:00AM-11:30AM *Contact Nora for registration	Afternoon Book Club 1 & 2 *Contact Nora for registration	
	1:00- 4:00 Art – Painting BYO Materials	Seated Tap Dancing 11:00-11:30	Contract Bridge Knitting/Crochet or needlework Circle BYO Materials	Cribbage	CONTRACT Bridge & Euchre	
	1:00 - 4:00 Billiards, Snooker	Tap Dancing Standing 11:30-12:00	Evening Book Club 7pm *Contact Nora for registration	Mahjong	Evening Bid Euchre 6:30PM-10:00PM	

Programs requiring registration can be found in our Seasonal Program Guide and are open to all adults over 55.
55+ Club members receive discounts on some registered programs.

55+ Club Membership supports and is required for drop-in activities.

Sign-up for 55+ Club Membership online, at the Leisure Center (2 Park Drive) or at 6240 Main Street.

Residents - FREE / NON-Residents - \$26.00

*To contact Nora Jones for membership or registration information, please email nora.jones@townofws.ca