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**THOROLD SENIOR
CITIZENS ASSOCIATION**

8 Carleton Street S.

Thorold, ON L2V 5C2

905-227-2161

www.thoroldseniors.ca

Membership - 2023

\$80 a year

+ \$5 key card deposit

Life Members \$40

April 2023 Newsletter

Friendship, Fun, and Staying Young

President's April Letter

Good Bye Winter, Hello Spring!

Scientists believe that Spring is the best time of the year and these are a few reasons. Spring is the season during which the natural world revives and reinvigorates after the colder winter months. During Spring dormant plants begin to grow again, new seedlings sprout out of the ground and hibernating animals awaken. I must admit, that for me, it is a rejuvenating time of the year.

Because the Spring temperatures are moderate, we seniors love to get out and about. That is why we started a Walking Club every Tuesday and Thursday leaving from the Senior Centre thru downtown to Beaverdams Park and back. If you are interested then please Sign Up, Get Up and Get Moving With Us!

Our membership drive starts April 5th and runs until our Spring Bazaar. Amy and I will be ready to guide tours of our facility. On April 19th we will be welcoming 50 to 70 senior New Comers to Canada from 1 to 4 in the afternoon who are looking to get involved in our community.

We have slated Special Bingo for April 29th and would love to see this get off the ground so I am asking for callers, runners and kitchen assistance. If we can get assistance, this Bingo will run every month on a Saturday, open to the outside.

Recently I was given a suggestion, a very good one at that, and I contacted the Ontario Senior Games Association to see how we can get involved and get our Centre on the map. I will keep you all posted on what we find. We continue to work closely with the City of Thorold and hopefully we will have our lease negotiations completed by the end of April to be ready for approval, by the members, at the May GMM.

A VERY BIG THANK YOU TO ALL OUR VOLUNTEERS WHO ARE READY TO HELP OUR CENTRE!

Brenda Bator

Events and Activities:



Welcome to our New and Returning Members:

Karen-Bowes Sewell

Richard Sewell

Sandra Arscott

Dale Rutherford

Mary Anne Bessey

Anne Beresford

Bernie McDonell

Tai Chi: With Tai Chi master Roberto, Tuesdays & Wednesdays at 10:00am.

Exercise Class: With Muriel Raymond, Monday, Wednesday and Friday at 10 am. Now in its 20+ year.

Bingo: Mon, at 1pm.

Tech Support: with Laurie Wed. 11:30

Cards: Cribbage - Wed 1pm
Euchre - Fri 1pm

Crafts: Tues. at 1pm in the great hall. Everyone welcome.

Darts: – Wed. 1:00 pm

Shuffleboard: – Mon. & Thurs. at 1:00pm

Chair Yoga with Laurie-Anne: Thurs. at 11

Zumba: with Mary is Thurs. from 12-1 or Tues at 11:30 on meeting weeks

Young at Heart Singers: Thursday Evenings 7:00 pm

Next General Membership Meeting: May 4, 2023 Luncheon at Noon

Speaker: Laurie-Anne Lamothe ***Osteoporosis: Keeping your bones fit***



April Birthdays:

Jane Osborne 12

Linda Kerr 16

Sandy Henry 7

Sue Petican 18

Danny DeCaire 25

Dawna Wilson 26

Barb Dobbie 29

Joyce Pinfold 29

Computer Classes on Wednesdays at 11:30 are temporarily on hold. An e-mail will be sent out when Laurie will be available to start them up again.

The Spaghetti Luncheon is on **Thursday April 6th at 12 noon**. Spaghetti, meatballs, salad, and buns will be provided. We ask that if you are able please bring a dessert for a potluck dessert table. We are hoping to build our membership so bring along a person or two that might be interested in all the great things offered here at the Centre.

The date for the **Spring Bazaar** has been set for **May 27, 2023**.

Collection of items will begin on April 1, 2023. We will need help setting up for the Bazaar and working of the different tables on the 27th. Sign up sheets will be on the main board soon. Our Bazaars are our main fundraiser so your support is very appreciated but also very necessary.

Karaoke night was fun and we hope to have that happen as a recurring event. It was suggested we could do half the evening Karaoke and the other half with regular DJ dance time.

Pancake Day on March 7 was great. The pancakes were delicious and Chef James McCullough did a fantastic job.

We are looking for members willing to form a Special Bingo Committee. The special bingo would be a once a month activity on a Saturday. A Co-Ordinator, kitchen help, and volunteers to help run the event would be greatly appreciated. Please see Amy or a member of the Executive to join in.

St John Ambulance is still holding their program here once a month. If you are a member and would like to take the class, you can sign up at a discounted rate. The next class dates are April 4th-5th, May 9th-11th, and June 6th-8th.

You must call **905-685-8964** to register and get the discount. The discount is not available for online registry. **You must register in advance** because of capacity limits.

We will be taking **nominations for the Executive Board starting in March**. Look for the nomination sheet on the main bulletin board. Nominations close April 14, 2023. Election will take place in May and the Swearing in Ceremony will follow in June.

2023 Thorold Senior of the Year Award 2023 and Thorold Senior Citizens Association Senior of the Year Award

The City of Thorold, Age Friendly Committee, and Thorold Senior Citizens Association have partnered to **recognize two seniors**, one with the **2023 Thorold Senior of the Year Award** and one with the **2023 Thorold Senior Citizens Association Senior of the Year Award**. See eligibility criteria for each award below.

Nominations can be picked up and submitted from March 2, 2023 to May 1, 2023. The Awards will be presented on Wednesday, June 14, 2023 at Ontario Paper Thorold Seniors Centre. Nomination forms are available at and can be returned to Thorold City Hall and Ontario Paper Thorold Senior Citizens Centre.

We had another visit by two Brock students observing and researching the exercise program. They were very appreciative. A big Thank You to the Members who answered their questions and made them feel welcome.

COMMUNITY EVENTS



Community Suppers at Trinity United Church



Our delicious and healthy Community Suppers are back!

Third Tuesday of the month, new menu each month

Dinner Served at 5 pm

Freewill Offering

Next Dinner April 18th



At the Thorold Public Library:

Adult Craft Night

April 5th at 6:00pm

Natural Craft Birdhouse \$10.00

Participants will use twigs and moss to decorate a wooden birdhouse to give it the perfect natural camouflage.

Registration Required 905-227-2581

Movie Matinee Fridays at 2:00pm

Registration required: 905-227-2581

April 14 The Bucket List

April 21 The Book Thief

April 28 80 for Brady

Book clubs are offered both in person and online (via Zoom). Please take note of the location prior to registration. The library provides a copy of the title once you have registered.

Register in person, by phone (905-227-2581), or via email (programs@thoroldpubliclibrary.ca).

L for Library V for Virtual

April 12 @ 6:00 pm

Fiction Book Club

The Measure

By Nikki Erlick L

April 13 @ 6:00 pm

Fiction Book Club

Everyone in my Family has Killed Someone

by Benjamin Stevenson V

April 20 @ 6:00 pm

Fiction Book Club

Our Missing hearts

By Celeste Ng L

April 27 @ 6:00pm

Fiction Book Club

Other Birds

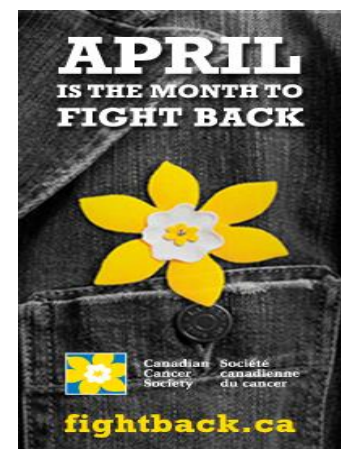
by Sarah Addison Allen V

April 26 @ 6:00 pm

Non-fiction Book Club

We Were Dreamers

By Simu Liu L



Donnelly's Pub -Open Mic Night is Back!



On the last Wednesday of each month (April 26th) 7-10pm, Donnelly's is bringing back their fabulous open mic night! Join some of the best players in the Niagara region for a great time with some amazing talent. Jump onstage, or just come in for a cold pint and enjoy the show!!

Donnelly's is located at 54 Front St. S Thorold.

3rd annual **GARDEN FEST** 2023

Fertilizer • Grass Seed • Compost • Food Drive • Bottle Collection • Barbecue

PROCEEDS TO CHARITIES








Fri.
April 14
4 pm - 7 pm

Sat.
April 15
9 am - 5 pm

Sun.
April 16
9 am - 1 pm



Holy Rosary Hall Parking Lot
Sullivan Ave. Thorold







We welcome more partners



Visual Artists of Welland
Inspiring Local Artists--Since 2018



**2023 Spring Fling
Art Show and Sale**

APRIL 13 - 16
Thursday & Friday:
10 a.m. - 8 p.m.

25+
Artists

Saturday: 10 a.m. - 5p.m.
Sunday: 11 a.m. - 4 p.m.

Hart Court - Seaway Mall
(Pizza Pizza Entrance)



800 Niagara Street, Welland





visualartistsofwelland.com
visualartistsofwelland@gmail.com
facebook.com/VisualArtistsofWelland

Please Contact
Deede: 905-732-4782
or Pam: 905-327-6174



Save the Date

Join us as we unveil
Thorold's Indigenous Unity Garden
@ Mel Swart Park

Saturday, April 22 from 1~4 pm






Learn more at

ONE
THOROLD

<https://onethorold.ca>



We welcomed our new member Dale Rutherford and then were gifted with two copies of her book, **One Summer at Ril Lake** by Margery Reynolds (her nom de plume).

Our President Brenda read the book and had this to say: "I could not put the book down. I grew up in Thorold, but spent many summers in Muskoka, so this book brought back many wonderful memories. You will be very happy you read it."



Meet **Jackie Dickieson** and **Linda Reid** our newest Board members.

Jackie Dickieson was born and raised in Niagara-on-the-Lake and a 30-year resident of Thorold South. She operated a construction company for 35 years, is a 25-year member of the NOTL Legion Branch 124, currently as the Service Officer and 2nd Vice President, and a 23-year member of the Order of the Eastern Star and a Past W.M. She enjoys cards, bowling, long walks, reading, good food, church and all types of music. Jackie is greatly interested, in the last twelve years, in improving the quality of life in Long Term Care residences within our region.

Linda Reid worked as a Legal Assistant for 31 years, as well as owning her own business. The last years before retirement she obtained a Dietary Aide Certificate and worked in retirement homes. She really enjoyed serving the seniors. Linda is our new Librarian. "One of my skills in life is to be a good organizer, so I am very happy to have taken on this task of making the library presentable and more accessible to favorite authors. If anyone has large print books, we would look forward to receiving them as a donation. Please stop in and pick up a book or two for your reading pleasure. Thank you!"



ACROSS

- 1. Jungle climber
- 6. Suffix with rheo-
- 10. Some like it hot
- 14. San Diego State University athlete
- 15. Go off from a group
- 16. Switch add-on
- 17. Limeys' hangovers?
- 20. Presentation of a Wall Street index?
- 21. Gliding dance step
- 24. Obtuse ones
- 25. Connector of legs: Abbr.
- 26. Bad-mouths
- 31. First name in old Illinois politics
- 33. Herpetologist's catch
- 34. Third year of Nero's reign
- 38. Hot-rodders' finales?
- 41. Safe's partner
- 42. Prod
- 43. Pull on
- 44. He managed the U.S. to its first Olympic gold in baseball
- 46. "Evil Woman" grp.
- 47. Company acquired by Maytag in 2001
- 51. "Dio, mi potevi scagliar" singer
- 53. Expelled because of a low grade?
- 58. Tough spots to be in ... or what 17-, 20-, 38- and 53-Across represent?
- 62. Carrier whose name means "skyward"
- 63. One-named supermodel

1	2	3	4	5		6	7	8	9		10	11	12	13
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53						54	55	56	57					
58												59	60	61
62						63					64			
65						66					67			

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- 64. Composer
Webern
- 65. Woden's domain
- 66. Some sushi fare
- 67. Knife handle?

DOWN

- 1. Scale notes
- 2. Special ending?
- 3. Suzuki product: Abbr.
- 4. Paint and brush, for a painter
- 5. Word puzzle enjoyed by Queen Victoria
- 6. Mil. rank
- 7. Unit of pressure
- 8. Shaving cream additive
- 9. Ancient wrap
- 10. Teleports
- 11. A natural leader, supposedly
- 12. Heavy weight, in France
- 13. Animals, to bacteria

- 18. Still-life figure
- 19. Money-raising grps.
- 21. Ballot detritus
- 22. Monster in the second labor of Hercules
- 23. "Sounds like ___!"
- 27. 7 for N, 8 for O, etc.
- 28. Extremely successful, in slang
- 29. More vigorous
- 30. U.R.L. ending
- 32. Gray
- 34. "Turandot" soprano
- 35. 1992 Obie-winning dramatist Paula
- 36. Leaving nothing out
- 37. "Not so!" retort
- 39. W.W. II agcy.

- 40. School funder, in part
- 44. "For sale" sign site
- 45. Capital east of Riyadh
- 47. Ford succeeded him
- 48. Cabbage
- 49. Egypt's Sadat
- 50. Simon and Diamond
- 52. Minnesota city
- 54. "Uh-huh"
- 55. "The discoverer of all things": Cervantes
- 56. World Wide Web code
- 57. Calendar abbr.
- 59. Like some drugs: Abbr.
- 60. "Why ___?"
- 61. ___-Caps (candy)