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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

October Newsletter 2023

Friendship, Fun, and Staying Young

October Presidents Letter

Finally, fall is here. There are several of us who just love this time of year, especially the brilliant colors from the changing of the leaves. Our last Pop-Up Market will be October 14th, which is also our Pumpkin Festival. We have a few weeks to get baking on Thursdays to prepare goodies for the Pumpkin Fest Bake Table. We are working on a penny table for kids, face painting, coloring contest, and lots of games to play. We will have a BBQ and sell hot dogs and hamburgers. Tickets will be sold for grocery baskets and possibly lottery tickets.

We are also going to need volunteers for the kitchen to assist in making sandwiches and setting tables for a Large Event (High Tea) for the Newcomers, October 21st 2:00-4:00pm. Then, in the evening, at 6:00pm will be a Fundraising Trivia Night partnered with the Thorold Garden Club. \$20.00

Coming up November 18th is our Christmas Bazaar, and we are excited, as this may be very big for us this year. We need your assistance though. Please bring in small wares, pots, pans, Christmas decorations, towels and blankets are acceptable, games and kids' toys are also welcome. Please do not bring items that you would donate to Value Village to the Thorold Senior Centre.

Give us a call if you need assistance and ask for me.

I want to thank all the members who are always ready and willing to step up and volunteer their time here at the Centre. That is how we can continue to operate.

Lots of new programming coming and we hope to see you all at the Centre for lots of friendship fun and staying young.

HAPPY FALL

Brenda

Regular Events and Activities at the Centre:

Bingo: Monday at 1:00 pm

Billiards/Snooker: Monday through Friday
9:00 am-4:00 pm

Cards: Cribbage Wednesday at 1:00 pm
Euchre Friday at 1:00 pm

Crafts: Tuesday at 1:00 pm in the great hall.
All members welcome.

Chair Yoga with Laurie-Anne: Thursday at
11:00 am

Darts: Wednesday at 1:00 pm

Dinner Club: Meets **Second Thursday of every month**, 5:30 pm, next venue chosen at dinner.

Exercise Class: With Muriel Raymond,
Monday, Wednesday, and Friday at 10:00
am *Now in its 20+ year*

Floor Yoga with Laurie-Anne: Tuesday at
1:00 pm

Shuffleboard: Monday & Thursday at 1:00
pm

Tai Chi: With Tai Chi master Roberto,
Tuesday & Wednesday at 10:00 am.

Young at Heart Singers: Thursday
Evenings 7:00 pm

Zumba: with Yenni is Thursday 12:00 noon
or Tuesday at 11:30 am on first Thursday of
the month.



New and Returning Members

Welcomed in September:

Sue Duarte

Joe Duarte

Shona Stewart

Nancy Falovo

Sue Stokes

Angie D'Allessandro

Marlene Thomas

Ken Harman

Brian Williams

Gloria Williams

Eileen Kudian-Martel

**Next General Members Meeting:
Thursday, November 2, 2023**

Lunch at Noon

Meeting to follow.



October Events:

Every Wednesday, TOPS (Take Off Pounds Sensibly) 6:00-7:30

Thursday October 5th: General Members Meeting, Spaghetti Lunch at Noon,

****NEW** Thursdays: starting October 5th: Cooking for One 11:00-12:30
NEW**

**** NEW** Thursday October 12th: Baking Club 1:00-2:00** NEW****

****Fundraiser****

Saturday October 14th: 2nd Annual Pumpkinfest 11:00-3:00

Thursday October 19th: Baking Club and Prep for High Tea

Saturday October 21st: Newcomers High Tea

****FUNDRAISER** Saturday October 21st: Trivia Night
6:00pm**

Saturday October 28th: Fall Forum

**Ben Pinfold spoke about
Wills and Estates at the
General Membership Meeting
Sept 5th.**

**Thank you Ben, for coming in and
sharing this information with us.**



**The Info Fair was a great Success! We had help from the Age
Friendly Committee, United Way, TCAG and several
volunteers. We had a wonderful day of learning!**



**Thanks so much to our
AMAZING Craft Group
They made over 40 hats
for the Homeless Toolkit.**



Computer Camp kicked off September 26th. The program, designed for our members to learn the basics, runs two days a week for four weeks. If interest continues the program will run again.

2nd Annual PUMPKINFEST

October 14th

11am-3pm

FUNDRAISER



Halloween
Costume
Contest

Pumpkin
Painting
Contest



Hot Chocolate



Pop-Up
Market

Games

Hot Cider

Face Painting



Popcorn



Baked Goods

Sponsored by: Age Friendly Committee, Thorold Community Activities Group, Thorold Seniors Centre, and United Way

8 Carleton St. South

TRIVIA *Night*

Saturday October 21st Doors Open 6:30pm Trivia starts 7:00 pm

**Tickets \$20.00 available at the Front Desk
Maximum 8 per table
Pizza at Break time**

1. What nut is used to make marzipan?

2. What's the total number of dots on a pair of dice?

3. What ship sank in 1912 and has a famous movie?




4. When was the television invented?

5. A blunderbuss is an obsolete type of what?

6. In the film Babe, what type of animal was Babe?

Trivia answers on last page.

OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 THOROLD A Year for Health, Community & Connection						
2 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	3 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre Bingo 10am Library	4 Positive Living Niagara (All Ages) 1-3:30pm Library Adult Craft Night: Old Book Witches 6pm Library	5 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG Older Adult (50+) Walking Club - Social 10-11am Senior's Centre	6 Cooking for One 11am Senior's Centre Movie Matinee: Living 2pm Library	7 PFLAG Niagara (All Ages) 12-2pm Library Therapy Tails Visit (All Ages) 1pm Library	8
9  Thanksgiving	10 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre	11 Fiction Book Club 6pm Library	12 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG Older Adult (50+) Walking Club - Social 10-11am Senior's Centre Fiction Book Club 6pm Virtual	13 Cooking for One 11am Senior's Centre Movie Matinee: Bonneville 2pm Library	14 Family Pumpkinfest (All Ages) 11am-3pm Senior's Centre	15
16 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	17 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre Bingo 10am Library	18 Adult Craft Night: Hallowe'en Wood Signs 6pm Library	19 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG Older Adult (50+) Walking Club - Social 10-11am Senior's Centre Fiction Book Club 6pm Library	20 Cooking for One 11am Senior's Centre Movie Matinee: Eddie the Eagle 2pm Library	21 Community Pop-Up Produce Market (All Ages) 2:30-4:30pm TCAG Trivia Night 6pm Senior's Centre	22
23 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	24 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre	25 Nonfiction Book Club 6pm Library	26 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG Older Adult (50+) Walking Club - Social 10-11am Senior's Centre Fiction Book Club 6pm Virtual	27 Indigenous Foods Community Meal/ Take Out 12-1:30pm Senior's Centre Movie Matinee: Moving On 2pm Library	28	28
29 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	30 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre	31  Hallowe'en Bingo 10am Library				

Important Info:

- **Activities are targeted towards older adults (age 50+) unless otherwise indicated** (ie: Family, All Ages)
- All activities are free. Program instructor reserves the right to limit participation due to safety or supplies.
- Some Fall programs require pre-registration, please see class description for details.
- Classes may be cancelled due to inclement weather or instructor illness. Cancellations will be announced on our social media channels and our website.
- Please call 905-227-0545 or visit www.thoroldgroup.org/olderadults if you have any questions.

Program Locations:

Seniors Centre (TSCA) - 8 Carleton St S
 TCAG/Richmond St Park - 131 Richmond St
 Thorold Public Library - 14 Ormond St N
 DeCew House Heritage Park - 2350 DeCew Rd
 Canada Games Park - 2021 Canada Games Way
 Terry Fox Run (Thorold Community Credit Union) - 63 Front St S
 Virtual Book Club - held online, please contact the Library for link

Program Descriptions:

- Movie Matinee** - Join us Fridays at 2pm for a movie at the Library! Pre-registration is required: 905-227-2581
- Adult Craft Night** - Come to the Library for some adult crafting time! All supplies provided. Space is limited. Patrons must register for each night they wish to attend: 905-227-2581
- Book Clubs** - Book clubs are offered by the Library, both in person and virtually (via Zoom). Registration is required; 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).
- Walking Clubs** - Join us for some physical activity, while being social and having fun this Fall!
- Parent/Caregiver Walking Club (All Ages)** - Join other parents, grandparents, and caregivers for a facilitated warm up, neighbourhood walk and cool-down. Chat with other adults while getting out and getting active. No childcare is provided, but babies, toddlers and young children in strollers are welcome on the walk! No pre-registration required, just drop in when you're able. Mondays 1-2pm and Thursdays 10-11am at the TCAG.
- Older Adult Walking Club (50+)** - Want a slightly more challenging walk, that includes a warm up and cool down? Join us on Tuesdays from 10-11am for a facilitated session with instructor Ava. Prefer to go at your own pace or just want to get social while you walk? Come out on Thursdays from 10-11am for an unfacilitated group walk. Both Tuesday and Thursday Older Adult walking clubs depart from the Thorold Senior's Centre, no pre-registration required.
- *Note in case of inclement weather, facilitated walking club sessions are held at Canada Games Park**
- History Tales** - Join us as we explore the fascinating history of Thorold! There's a different topic and speaker for each session. Aimed at Adults 50+ but all ages welcome.
- Bingo** - Enjoy some friendly competition for small prizes at the Library. Participants will play three Bingo games per session. Cards and markers provided. Registration required: 905-227-2581
- Cooking for One** - Come for this 5-week session with a professional chef to learn some tricks of the trade when cooking for one. Pre-Registration required, call the Senior's Centre: 905-227-2161.
- Trivia Night (Adults 50+)** - Bring your trivia knowledge to this fun social event. Call 905-227-2161 for info.
- Indigenous Foods Community Meal/Take Out** - Join the Senior's Centre to learn more about traditional and contemporary Indigenous Cuisine. Call 905-227-2161 for more information.
- Therapy Tales (All Ages)** - Therapy Tails Ontario is a nonprofit dog therapy program made possible by dedicated volunteers and their specially trained and certified pups. All ages are invited to the library to meet the dogs, who provide a safe and encouraging audience for practicing or reluctant readers or simply a furry friend to cuddle for anyone in need. Drop-in.
- PFLAG Niagara (All Ages)** - Pflag Niagara is a chapter of Pflag Canada, a peer support organization that affirms, respects and values all sexualities, genders and gender expressions. Drop by the Pflag table for information, discussion, or to make a button.
- Terry Fox Run (All Ages)** - Join Team TCAG at the Thorold Terry Fox Run - you can walk, run, roll or cycle with us, come out to cheer us on, or form your own team! <https://run.terryfox.ca/team/tcag>
- Community Pop-Up Produce Market (All Ages)** - Join us for fruits and veggies, family activities, entertainment and more! Meet your Thorold neighbours and find some good market food at an affordable price. Hosted by the United Way and the TCAG; Everyone is welcome!
- Family BBQ (All Ages)** - Celebrate National Senior's Month and Grandparent's Day, and mark the National Day for Truth and Reconciliation (Orange Shirt Day), with the Thorold Senior's Centre! Drop-in.
- Positive Living Niagara (All Ages)** - Positive Living Niagara is a community based organization made up of dedicated and caring staff and volunteers committed to providing support, education and advocacy to all who are affected by HIV. Positive Living Niagara will be at Thorold Public Library the first Wednesday of every other month beginning October 4th, for free naloxone training, along with information and resources on harm reduction and sexual health.
- Family Pumpkinfest (All Ages)** - Fall fun for the whole family! Drop-in.



Community Garden Recipe Swap
 Bring your favourite recipe to share in our
Community Garden Cookbook!
 Drop off to the TCAG, Library or Senior's
 Centre by November 1st to be included!

Oxymoron Scramble

Oxymorons are a pair of contradictory words, such as *only choice* and *pretty ugly*.



In this unique and challenging word scramble, you need to separate the contradictory words, without rearranging the letters. Here's an example:

PALERM OFESCTT = almost perfect

Try to discover the oxymoron in each of these sets of letters.

1. SHJRUIMMBOP

2. SISCLERENAMT

3. NELWDS

4. MIMIRNOACRLE

5. FLEAVOARSITET

6. WOVARCAKITINONG

7. CROIPIGINEALS

8. TALIPEVDE

9. EESTIXAMACTTE

10. INATEPANTSHEY

11. ROSLTOLIPNG

12. TAFRKIEENODVELRY

13. MOHIDESTRONRY

14. NOCNREDAIAMERRY

15. UNPIBINAISOEND

16. VAWAGUAREELY

17. HUNESURONG

18. HALALRGFR

19. INCLSATSASNITC

20. DEMFAINYITBEE



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Thorold Santa Claus Parade participation, volunteer, and sponsorship opportunities now available

FOR IMMEDIATE RELEASE
September 28, 2023

Thorold, ON – Mark your calendars! Thorold's 31st annual Santa Claus Parade will take place November 25, 2023 from 4:00 to 6:00 p.m.

Making its way through Downtown Thorold, the parade will feature an array of festive community floats, musical talents, parade marchers and other fun entertainment.

Participate

The City is currently seeking applications for performers, marchers, musical talent and floats to participate in the parade. Community groups, sports organizations, small businesses and residents are invited to showcase their creative spirit and design a float that aligns with this year's theme: *winter wonderland*.

To secure a spot in the parade, fill out a participation form at www.thorold.ca/santa.

Volunteer

Community members and students are invited to volunteer for various duties with the parade, including serving popcorn and hot chocolate, organizing and coordinating floats and helping with set up and tear down of the parade.

To apply to be a parade volunteer, fill out a volunteer application form at www.thorold.ca/santa.

Sponsor

The parade would not be possible each year without the generosity of our community partners and sponsors. Businesses are invited to sponsor the parade in a variety of tiers or in-kind services.

To sponsor the parade, email community.services@thorold.ca.

For more information, join the Facebook event at <https://fb.me/e/8G6pBxpX0> or visit www.thorold.ca/santa.

Media contact

Megan McRae
Community Relations Specialist, Office of the CAO
megan.mcrae@thorold.ca
905-227-6613 x439

Trivia Answers:

1. **almonds**

2. **42**

3. **Titanic**

4. **1927**

5. **firearm**

6. **pig**