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**THOROLD SENIORS  
CITIZENS ASSOCIATION**

**8 Carleton Street S.**

**Thorold, ON**

**L2V 5C2**

**905-227-2161**

**Membership - \$120 a year**

**Just \$10 a month**

**+ \$5 key card deposit**

**Lifers \$60**

## JUNE 2022 NEWSLETTER

### Seniors on the Move

[thoroldseniorscentre@gmail.com](mailto:thoroldseniorscentre@gmail.com)

### Presidents Message

Well, our first fundraiser/social event held in over two years was a great success! By the time you are reading this, our Treasurer Elaine will have reported at the June General Meeting that we cleared nearly \$2,750.00!

Thank you to everyone involved, including our Co-chairs P.P. Lora and Board Secretary Laurie, Steve for setting up all the tables (and taking them down the following Monday), John and Dave for putting out and retrieving all the lawn signs, and helping on the day of the Bazaar, everyone who brought items upstairs making several trips up and down the elevator, the ladies in the kitchen promoting the coffee and donuts, all who manned the bake table, craft table, lottery table, rummage tables and sold ticket for the penny sale. Thank you also to V.P. Rob for clearing out some duplicate books from our Library and to his crew for handling the larger items and furniture outside. Elaine was there from start to finish which was remarkable for someone who was only operating at 75% of her usual capacity. That's dedication!

We also had the benefit of having three young high school students give us a hand during the Bazaar, and they, along with many others, helped box up all the leftover items which were donated to Community Care.

Thank you all, this was truly a group effort, and I am proud to belong to such a hard-working crew!

Shirley has done a great job preparing this newsletter for you. Members can find the events and activities listed, check out the movie listings at the Thorold Library, and read about the benefits of a brisk walk. Information on the latest Beaverdams Church fundraiser, cruise nights, and One Thorold food drive for community Care are also included.

Do you recognize anyone in the photos? Hold on to those good memories as we take a break from our general meetings, and we will all meet again in September. Your Executive will continue meeting and making important decisions on your behalf. In the meantime, tell everyone you see about our great organization and when you return for our general meetings, invite a friend to join (new member). Feel free to use the tag line: 50 plus, come play with us! Have a wonderful and safe summer.

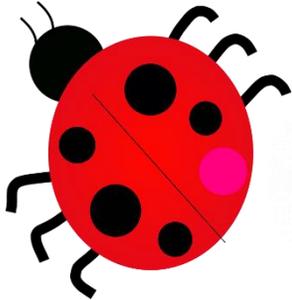
President Rick

## CRAFTY LADIES



The craft ladies have a table in the great hall with handmade

items for sale. Come and have a look. Buy a gift or something for yourself.



Seniors day at Henderson's is every Wednesday you can get a 20% discount.



# JUNE

## Events and Activities Activities

*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.

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 Diana is Thurs. at 11

Zumba with Mary is Thurs. from 12:30-1:30 or Tues at 2:45 on meeting weeks

Chorus with Gina every Thursday evening at 7pm. Young at Heart Singers - new singers welcome.

Art class with Katia every Friday at 1pm.

*Remember the good old days when a teenager went into the garage and came out with a lawn mower?*

**Don't forget to sign in when you visit the centre.**

**We are tracking attendance to all activities and we would like to get an accurate count.**

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## **New Time**

Laurie, our executive secretary, has volunteered to help us improve our computer skills. She will host sessions in the library on **Wednesday from 11-12.**

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Thorold Library has a Movie Matinee every Friday at 2:00p.m.

June schedule is

June 3<sup>rd</sup>: The 355

June 10<sup>th</sup>: Death on the Nile

June 17<sup>th</sup>: The Eyes of Tammy Faye

June 24<sup>th</sup>: Dog

Registration required - 905-227-2581



# Just an Hour a Week of Brisk Walking Reduces Disability

by [Alia Hoyt](#) Apr 10, 2019

Good news for people worried about winding up disabled! [Walking briskly](#) as little as one hour *per week* is enough to keep people with joint-related issues happy, healthy and mobile. This recommendation, which is lower than the [current federal guidelines](#) of 2.5 hours per week, is the result of a Northwestern Medicine study published on April 1, 2019 in the [American Journal of Preventive Medicine](#).

This study followed over 1,500 adults (age 49 and older) with lower [extremity joint problems](#) caused by osteoarthritis over a period of four years. None were on disability at the start of the study, and their activity was tracked using accelerometers over this time. The study found that those subjects who got at least an hour of brisk to moderate walking over the course of a week reduced their mobility disability risk by 85 percent and daily living disability by almost 45 percent. Mobility disability means walking too slowly to cross a street, while daily living disability concerns having difficulty performing routine tasks like bathing, dress and walking around a room.

"This is less than 10 minutes a day for people to maintain their independence. It's very doable," said lead author Dorothy Dunlop, professor of preventive medicine at Northwestern University Feinberg School of Medicine [in a press release](#). "This minimum threshold may motivate inactive older adults to begin their path toward a physically active lifestyle with the wide range of health benefits promoted by physical activity."

It's important to remember that this hour of walking per week isn't defined as strolling around the living room looking for the remote control. Rather, it should be moderate to vigorous in nature, comparable with how you would move if you were trying to catch a train or were late for an appointment.

The study also found that 24 percent of those who didn't get the hour of brisk walking were having mobility issues four years later and 23 percent were having problems doing their morning routine. Hip joint and knee problems are among the top causes of disability, so it's a very real concern for people approaching older age because those who can't fulfill normal daily living and mobility functions are at higher risk of community withdrawal and death than their able-bodied counterparts. [A 2008 U.S. government report](#) found that 42 percent of Americans over 65 had some kind of limitation with daily tasks.

The federal government currently recommends people with joint pain get 2.5 hours of exercise a week, approximately 30 minutes a day, in order to reduce heart disease and other conditions. The

researchers hope that showing the benefits of 10 minutes a day of walking will motivate people with joint problems to give exercise a try, as this would be an easier goal to accomplish.

"One hour a week is a stepping stone for people who are currently inactive. People can start to work toward that," added Dunlop in the press release.

## NOW THAT'S IMPORTANT

**Disability isn't limited to physical issues. In fact, impairment of the mind can seriously limit activities and the ability to participate in society. Memory, learning, communication, thinking and mental health problems are **common types of disabilities**.**

Alia Hoyt "Just an Hour a Week of Brisk Walking Reduces Disability" 10 April 2019.

HowStuffWorks.com. <<https://health.howstuffworks.com/wellness/aging/senior-health-lifestyle/hour-brisk-walking-week-stops-disability.htm>> 11 March 2020

On May 14 we had our first Spring Bazaar in 2 years. Here are some pictures of the day.



Flea  
MARKET



The Friends of Beaverdams Church Marlatts Rd. Thorold are having

**STRAWBERRYFEST**  
SATURDAY, JUNE 18, 2022 10AM - 1PM

In the Beaverdams Church Yard

With Local strawberries and fresh baked strawberry/rhubarb  
pies and tarts - you should probably pre-order

order at [mbattell@gmail.com](mailto:mbattell@gmail.com) or call

Melanie at 905-227-2174 or Donna at 905-227-7556

Also enjoy the Church Yard Sale with Flea Market, Plant Sale,  
and Silent Auction

Everyone Welcome



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**Car Cruise Night happens every Friday night from 5pm to dusk until September 30<sup>th</sup>. Front St downtown Thorold. Come and see some unique, classic and current models. Apparently it's good family fun.**

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The annual Thorold Community-Wide Food Drive in support of Community Care of St. Catharines and Thorold is scheduled to take place on Sunday, June 5, 2022. **JOIN IN!**

Donation drop-off points will be set-up throughout the Thorold community for neighbourhood contributions during this event. Also, Community Care Thorold, 19 Albert St West, will be accepting donations directly on the day.

Come out and donate! Let's work together to keep Community Care's shelves stocked throughout the summer ♥

**Hosted by: One Thorold & Thorold Neighbourhood Hubs**

**Most needed items- diapers, canned and dry potatoes, rice and sauce, canned stew, canned veg, men's hygiene.**