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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

June 2023 Newsletter

Friendship, Fun, and Staying Young

It's Seniors Month!

President's Letter

Hello June! It is Seniors Month!

What a spring it has been. Lots of things are happening including receiving a Grant for which we applied. We are also hoping that we are near closing on the lease for our Centre.

The Spring Bazaar, which was held last Saturday was a success. We did very well! One of the reasons that everything always comes together for the bazaars is that there are a team of volunteers that make this all worth the time and effort; hardworking volunteers that come in on Thursday and Friday to set up and get prepared. They donate items for the grocery baskets, penny sale tables, crafts, and my favourite, the goody table. They are most treasured individuals whom I have come to adore and admire.

To the "Golden Eagles" Thorold High School students that come and assist us with the Bazaars, a very big thank you! You are outstanding young men and women.

To the Executive Board that takes their time to be here for all the festivities whether it be in the kitchen, calling bingo, keeping our money safe and secure, baking, making flyers, each of you make this Centre successful.

We are the place for "Friendship, Fun, and Staying Young". This Centre brings people together and gives them a chance to enjoy life. It means so much to me since my husband passed, and gives me so much pleasure to be here and to be your President.

I would now also like to mention our Past President, Rick Westlake, I wish you, my friend, a wonderful life as you and Kelly journey around for the next year on your boat. What an amazing time you will have. Thank you for all you have done for the Thorold Seniors Centre.

Enjoy the summer everyone.

Your President,

Brenda Bator

Regular Events and Activities at the Centre:

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

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

Bingo: Monday at 1:00 pm.

Tech Support: with Laurie Wednesday at 11:30 am

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.

Darts: Wednesday at 1:00 pm

Shuffleboard: – Monday & Thursday at 1:00 pm

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

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

Young at Heart Singers: Thursday Evenings 7:00 pm

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



June Birthdays

Ida Beauvais	5
Elizabeth Dandy	6
Robert Dixon	10
Bev Smith	10
Anna DiSanto	19
Lucy Forbeck	21

New Members Welcomed in May:

Kim Whitaker
Beverly Knight
Marilyn Arsenault
Ken Arsenault
Joe Savoia

June Events:

The **Dinner Club** is meeting at **Chuck's Roadhouse at 5:30 pm Thursday June 8th**. Ontario Street in St. Catharines. Sign up sheet on main board at the Centre.

St John Ambulance is holding their last program here at the Centre. 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 **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.

Saturday June 10, 2023 Trunk Sales Begin! Starting at 8:30 am until 1:00pm



\$10.00 for a trunk space in the lot, and \$10.00 for a table if needed.

Thursday June 15, 2023 Age Friendly Award

Saturday June 17, 2023 Rose and Flower Show

Thorold Garden Club
Rose & Flower Show

2023 "Coronation" Theme
Featuring the Colour Purple

Thorold Seniors Centre
8 Carleton St. S., Thorold

Saturday June 17th

Submission of Entry Forms and Placement of Entries* 9:30 am - 11:30 am
*No exceptions

Judging Begins Noon
Show Open to Public 3:00 pm - 4:30 pm
Pick-up of Entries 4:30 pm to 5:30 pm

The Show Rules and classification categories for entries brochures will be available where the flyers and posters advertising it are found.

Must be a member of the TGC
to enter this curated Rose & Flower Show
(Call Betty Beck: 905-227-7264)

Map Available

Find us on the Web
HCMEI Thorold Garden Club

City of Thorold
DISTRICT

Wednesday June 21, 2023 Senior of the Year Awards and the Swearing in of our Board Members for 2023.

Wednesday June 28, 2023 2:00-4:00 pm Newcomers Meeting. There will be **no Darts** on this day.

May Recap:

May was a great month, The **Coronation High Tea** in partnership with the **Thorold Garden Club** was a wonderful success! We want to thank our very amazing volunteers who worked very hard to create a really nice afternoon of beauty, information, and fun.

The **Flag Raising and Bench Dedication** happened May 26th

It was a beautiful morning to acknowledge all the work and support our past and present members do to support the Centre and Community.



The **Spring Bazaar** was a huge success. Many thanks to our volunteers who worked for several days to make this another great fundraising event for the Centre. Also, a big Thank you to our board members who are working hard to keep these events happening.

Congratulations to our Board Member Rob Hughes for reaching 9th place in the Canadian Seniors Snooker Championship. Way to go Rob!!



Join us for the grand opening of the Thorold Community Market on Wednesday June 7, 2023.

The Thorold Community Market will take place every Wednesday from from June 7 to August 30 from 5:00 to 9:00 p.m.

Join us this summer for the **Thorold Community Market**. Farm, Artisan and food vendors will be participating each week at the Battle of Beaverdams Park between the first week of June and Labour Day. Support local this summer at the Thorold Community Market! The market is free for the whole family to enjoy.

For more information, or to speak with staff about the market, please contact our Community Services Division at community.services@thorold.ca.



Thorold Library June Movie Matinees:

June 9 **Music and Lyrics**

June 16 **Eddie the Eagle**

June 23 **Time Traveller's Wife**

June 30 **Must Love Dogs**

Registration Required **905-227-2581**

Thorold Library June Book Club: V=virtual L=library

June 8 V at 6:00 pm Fiction Book Club "Nothing to See Here" by Kevin Wilson

June 29 V at 6:00 pm Fiction Book Club "Vera Wong's Unsolicited Advice for Murderers" by Jesse Sutanto

June 14 L at 6:00 pm Fiction Book Club "The Seven Husband's of Evelyn Hugo" by Taylor Jenkins Reid

June 22 L at 6:00 pm Fiction Book Club "Wrong Place Wrong Time" by Gillian McCallister

June 28 at 6:00 pm Non-Fiction Book Club "The Watchman's Daughter" by Larry Loftis



**June is
Seniors Month**
Stay Safe, Active and Connected

Sending lots of love to
someone special.

ontario.ca/SeniorsMonth

Ontario 

Helpful Tips for Summer Sitting by Laurie-Anne LaMothe

The summer weather is finally here! The Muskoka chair season has begun! Though the Muskoka chairs are comfortable to sit in, they are challenging to get out of! You have to move uphill to get to standing! When we are sitting in a chair where our knees are higher than our hips, there is more pressure on the spine. It is also a difficult position to get up to stand. Soft sofas and chairs can create that same uphill travel as a Muskoka chair. You have to scoot up the seat of the chair so you can plant your feet firmly on the ground so you can stand up.

You don't need to buy new furniture!

Here are some solutions.

Place a pillow underneath or on top of the seat cushion. Ensure the cushion is right at the back of the seat where it meets the back of the chair. Neck pillow or small rectangular pillows work best.

In your car, adjust the seat so that the angle of the seat is lower than the back of the seat. Or use a firm small pillow in the same way you would with a chair or sofa.

If you are looking for new furniture, check to make sure that the seat is parallel to the floor or the seat is slightly lower in the front.

Enjoy your summer!



Chooses a chair where the seat is parallel to the floor

Or where the front of the seat is slightly lower than the back of the seat.



Chooses a chair where the seat is parallel to the floor

Or where the front of the seat is slightly lower than the back of the seat.



Canadian FARMERS' ALMANAC SINCE 1818

2023 SUMMER OUTLOOK

Summer Sizzles Return

Seasonal Temps, Dry

Broiling, Above Average Precipitation

Warm-to-Hot, Soggy

Scorching, Drier than Normal

Warm, Dry

FarmersAlmanac.com

f t p i d

Lasagna Soup

Ingredients

- Olive oil
- 1 yellow onion, chopped
- 2 cloves of garlic, minced
- 1/2 pound ground beef
- 1/2 pound Italian sausage
- Pinch of oregano (or other spices)
- 2 tablespoons tomato paste
- 2 cups marinara sauce
- 3 cups chicken broth
- 1/2 cup heavy cream
- 1/2 box of lasagna noodles
- 1/2 cup Parmesan cheese
- 1 cup mozzarella cheese
- 1/4 cup fresh basil, chopped



Directions

Step 1: Sauté the onions and meat

Heat the oil in a pot or deep skillet over medium heat, add chopped onions and sauté for 5-7 minutes. Add two cloves of garlic, ground beef, sausage, salt and pepper, along with any seasoning you want. Cook for another 5-7 minutes, until the meat is browned.

Step 2: Add in the sauce components

To the same pot, add the tomato paste, marinara sauce, chicken broth and heavy cream. Stir and bring to a boil.

Step 3: Add the pasta

Break the lasagna noodles into medium-sized pieces and add to the boiling pot. Stir occasionally and let cook for around 10 minutes, or until the noodles become al dente.

Step 4: Mix in the cheeses and serve

Once the pasta is al dente, add in your parmesan and mozzarella cheeses and stir. The consistency should be cheesy and gooey. Serve in bowls, topped with fresh basil and enjoy! We recommend adding a dollop of ricotta cheese on top if for some added texture.



The Seniors' Smoke and Carbon Monoxide Alarm Program helps plan and implement fire safety Interventions for seniors.

As part of the new program, Thorold fire fighters will assist seniors in our community with home assessments to determine the need for smoke and carbon monoxide alarms and identify any existing fire hazards. Smoke and carbon monoxide alarms will be installed to ensure participants' homes are adequately equipped with working alarms.

Fire fighters will also provide in-person fire safety education and tips to older adults, their family members and caregivers. Follow-ups may be conducted to determine if alarms are still working; to assess any changes in the older adults' fire safety knowledge, attitudes and behaviors; and to see if any fires have occurred.

For questions about the program, please reach out to our Fire Prevention team at FPO@thorold.ca.

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