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**THOROLD SENIOR  
CITIZENS ASSOCIATION**

8 Carleton Street S.

Thorold, ON L2V 5C2

905-227-2161

[www.thoroldseniors.ca](http://www.thoroldseniors.ca)

**Membership - 2023**

**\$80 a year**

**+ \$5 key card deposit**

**Life Members \$40**

# July 2023 Newsletter

## Friendship, Fun, and Staying Young

### Happy Birthday Canada!

#### President's Letter

Welcome to Summer Everyone!

Our July Calendar starts off with a bang. On July 1<sup>st</sup> from 10am to 10pm we will have a booth at the Canada Day Festivities held at Beaverdam's Park, so come see us! We are raffling off tickets for a Wine Basket, Food Basket, and a FREE membership draw. We will be there Sunday as well, from 10am to 2pm. You can find us right beside the City of Thorold tent.

On July 8<sup>th</sup> and 22<sup>nd</sup>, we will hold another Junk IN The Trunk Sale in partnership with St. John's Anglican Church right beside us. We have plenty of room in the parking lot, and if you want to bring something to sell, please join us. If you need a table, the rental fee is \$10.00, or give us a new item for the Christmas Bazaar penny table.

We have been given a brand-new BBQ, so on July 14<sup>th</sup> we've decided it's time to have some fun! The BBQ will have burgers, hot dogs, and sausages. Potato Salad and coleslaw come with the meal, along with ice cream for \$10.00. Hopefully, our massive tent will be up and we will have lawn chairs for those who attend. If it rains, no worries, we can be inside. This event is open to all, so bring your friends.

On July 28<sup>th</sup>/2023 we will also be having our monthly Pasta Dinner including salad, rolls, meatballs, and a wonderful dessert. Please book your reservations at 905-227-2161. This event is also open to all, and all proceeds from these meals will go directly to the Centre.

We are hoping that we can get a bouncy castle for the Grandkids so you can bring them with you. We will have giveaways as well. All of our festivities shall include music, fun, laughter and just a plain good time. So, get up and getting moving to our festivities for the summer months.

We will keep you all updated.

Happy Summer to All!!

Brenda Bator

## Regular Events and Activities at the Centre:

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

**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 1:00pm

**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.



<b>July Birthdays:</b>	
Mike LaFratta	5
Gordon Griffin	6
Nancy Iannelli	9
Earl Spencer	14
Margaret Detlor	15
Rob Hughes	17
Verna Warren	23
Marjolaine Kmetyk	25
Wendy Fisher	28
Alice Humphrey	28
Lee Wrighton	28

**New and Returning  
Members Welcomed in June:**

**Jess Bilodeau**

**Jean Devine**

**Next General Members  
Meeting: September 7, 2023**

**Luncheon at Noon followed  
by Meeting**

# July Events:

July 1<sup>st</sup> and 2<sup>nd</sup> Seniors Centre Booth at Beaverdams Park



**Saturdays, July 8<sup>th</sup> and 22<sup>nd</sup>, Trunk Sales! 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.

The **Dinner Club** is meeting at **5:30 pm Thursday, July 13<sup>th</sup>**. At **Café Amore**, Martindale Road, St Catharines. Sign up sheet on main board at the Centre.

Join us for a **Bar-B-Cue!** Open to all, bring your friends.

**Friday, July 14<sup>th</sup> at Noon**

Burgers, HotDogs, Sausages, with Potoato Salad and Dessert. \$10.00

Sign up at the Centre or phone Amy 905-227-2161 to get on the reservation list.

**Spaghetti Dinner Friday, July 28<sup>th</sup> at Noon**

Spaghetti with meatballs, salad, buns, and dessert. \$12.50

Call to get on the list or sign in at the Centre.

Our Member Mike LaFratta, singer with the **Organetti Band**, will be performing July 30<sup>th</sup> at St. Ann's Roman Catholic Church, 5740 Buchanan Ave. in Niagara Falls 7:00pm

**Regular activities will continue at the Centre for the months of July and August. There will be no General Members meetings again until September**



## June Recap:

The Thorold Garden Club Rose and Flower Show was a great success. There were many beautiful arrangements and submissions. Looking forward to the next event!

The **Young at Heart Singers** performed at Linhaven Long-term Care Home June 15, 2023. It was wonderful to get back to performing after such a long break from covid restrictions.



The Senior Citizens Awards were given June 21<sup>st</sup> to **Tom Blazina**: Thorold Senior of the Year and **Dave Handley**: Thorold Seniors Citizens Association Senior of the Year. It was a very nice ceremony honoring two individuals that have given back to the Community of Thorold. Thank you to the individuals that helped to set up the room for the ceremony, we appreciate every bit of help.



We are saying Goodbye to our Zumba Instructor Mary. She has been a wonderful instructor and will be greatly missed by her attendees. Thanks so much Mary, and we wish you a very bright future in your new destination. Mary is being replaced by Yenny, so come on out and try the classes if you haven't already.



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## When Are the Dog Days of Summer?

The exact dates of the Dog Days can vary from source to source, and because they are traditionally tied to the dawn rising of Sirius, they have changed over time. However, most sources agree that the Dog Days occur in mid-to-late summer.

Here at the *Old Farmer's Almanac*, we consider the Dog Days to be the **40 days beginning July 3 and ending August 11**. This is soon after the Summer Solstice in late June, which also tends to be the beginning of the worst of summer's heat.

## Dog Days of Summer Folklore

Old-timers believed that rainfall on the Dog Days was a bad omen, as foretold in this verse:

*Dog Days bright and clear  
Indicate a happy year;  
But when accompanied by rain,  
For better times, our hopes are vain.*



## Laurie-Anne LaMothe

As an older adult (almost 58), I find that sleep is becoming more challenging. I tend to get up in the middle of the night and have challenges falling back to sleep.

Recently, I started learning more about Ayurveda (ah-ur-vay-dah). It translates to the science of living. Sleep is a pillar of health. My Ayurveda teacher gave me a recipe to help me sleep. It worked for me and maybe it will work for you too!

### **In a pot mix:**

**½ cup (125 ml) of whole cow's milk or full fat coconut milk. (We want the fat in it!)**

**½ cup (125 ml) water**

**A scant pinch of cardamom, ginger, and cinnamon.**

**1 tablespoon real maple syrup**

**Slowly warm on low until the milk is warm. Pour into your favourite mug and enjoy!**



**Tips:** Spices can be costly. Try your local bulk store and get a small quantity before you invest in full size bottles.

Organic milk or coconut milk is recommended. (I used what was available to me and it wasn't always organic.)

Maple Syrup: I bought what was organic, on sale and has the highest amount of minerals on the label. I use the other stuff on my pancakes

Finally, I want to recommend the Thorold Farmer's Market. It is Wednesday nights from 5 to 9 pm. The Thorold Reed Band will be playing from 7:30 pm to sunset! Small Scale Farms is there with a variety of seasonal veggies, honey and maple syrup. It is my new favourite spot for date night with my fella!



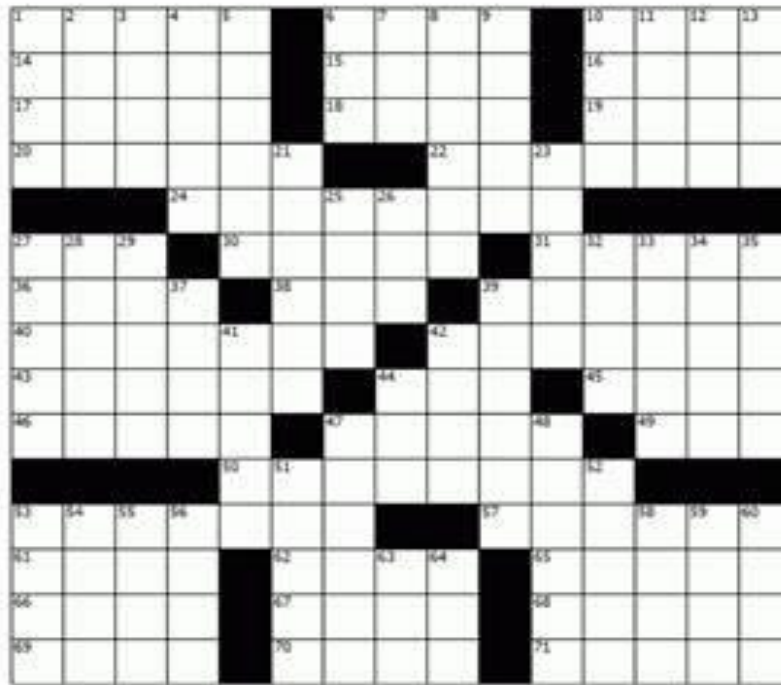
The Thorold Community Market will take place every Wednesday from from June 7 to August 30 from 5:00 to 9:00 p.m.

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](mailto:community.services@thorold.ca).

**Across**

- 1. Pedro's father
- 6. Cougar
- 10. Canyon sound
- 14. Oahu greeting
- 15. Remote
- 16. Possessive pronoun
- 17. Flies alone
- 18. Poles
- 19. She, in Madrid
- 20. Sower
- 22. Of the seashore
- 24. Republican symbol
- 27. Petrol
- 30. Slumber
- 31. Defeated candidate
- 36. Lion's sound
- 38. Dancer \_\_\_ Miller
- 39. Yacht spot
- 40. Manet and Monet
- 42. Abandons
- 43. Position
- 44. Affirmative
- 45. Trickle
- 46. Chinese "bear"
- 47. Actress \_\_\_ Witherspoon
- 49. Thirsty
- 50. Put in again
- 53. Underwater weapon
- 57. Sailor
- 61. Corrupt
- 62. Restless desire
- 65. Hoisting machine
- 66. Valley
- 67. Average grades
- 68. Hues
- 69. Toboggan
- 70. jog
- 71. Hearty soups



**Down**

- 1. Mountain gap
  - 2. \_\_\_ vera
  - 3. Mete (out)
  - 4. \_\_\_ Island
  - 5. Painters' stands
  - 6. Average
  - 7. Alien's ship (abbr.)
  - 8. Zany
  - 9. Criminal burning
  - 10. Looks at
  - 11. Young male horse
  - 12. Maui dance
  - 13. Unwritten
  - 21. Narrate
- 23. Road guide
  - 25. Corrals
  - 26. Coop dweller
  - 27. Hold tightly
  - 28. Heart artery
  - 29. The Devil
  - 32. Mine finds
  - 33. Fathered
  - 34. Register
  - 35. Hoarse
  - 37. Melon peel
  - 39. Untidy conditions
  - 41. Frighten
  - 42. Bad grades
- 44. Yearning
  - 47. Mob scene participant
  - 48. Puts up
  - 51. Proclamation
  - 52. Fortuneteller's card
  - 53. Turner and Williams
  - 54. Track shape
  - 55. Vex
  - 56. Implored
  - 58. Lion's hair
  - 59. Afresh
  - 60. Loch \_\_\_
  - 63. Business VIP
  - 64. DDE's predecessor