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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**



**President's Letter**

I woke up this morning with frost on my roof and the weather station telling me snow and rain mix today. Winter is on its way, but no matter the weather, we have lots of upcoming events and activities. Remembrance Day is on Saturday this year and we will be observing that day by laying our wreath at the Cenotaph behind us at the Senior Centre. All are welcome. We will have some hot coffee and tea available.

The Big Event of this year is our Christmas Bazaar on November 18th from 9am to 1pm. We need your assistance to help us fill our grocery baskets with food: nonperishable and non expired. We also need Christmas items to sell and all other items you have for donations please bring in. We can even come and pick up large items, please phone in to the Centre to arrange a time. If any items are brand new, we can use these items for our Penny Sale. I am hoping that we will use both the main floor and the shuffleboard room downstairs for this huge Bazaar which will really assist us as we are a non-profit organization. Please help us make this a huge day for the Centre.

It's back by popular demand. Computer Camp was such a hit we are back again for 4 weeks, Tuesday and Wednesday 11:00 – 12.30. Starts November 7th. Sign up before you miss a spot.

Friday November 10<sup>th</sup>, from 5:30pm -800pm, we will be having the first of our Indigenous meals, which will be held monthly for the next 5 months. We are honored and privileged to have Jamie Lynn Gillingham, from First nations Anishanaabe (Ojibwe) ,who teaches traditional skills and techniques throughout the community. Our First event is Indian Tacos and Cedar tea, and we will be creating a Tac Pin.

On November 21st we are hosting a RED SCARF KNIT A THON with Positive Living Niagara. They will be here to knit away from 1:00 to 4:00pm. Come on out and join in the knitting.

I want to thank you all for the past months of attending the new activities and participating in the events. A big thank you to Pat Virag for her donations of so many plants this year, to Ruth Dodman, Lora Vary and Helen Warner, thanks from the bottom of my heart for your continued assistance with the rooms downstairs. To Linda Reid, Marisa ( Maritza ) Valsi for your hard work for making close to 400 sandwiches for the High Tea. To all the Craft Ladies who have knitted over 50 woollen hats for TOOLBOX for Homeless Men, a big thank you! In case I missed anyone, we thank you for all the effort you put into this Senior Centre.

Keep Warm, snow is on its way.

## 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 October:

**Shoreh Kashani**  
**Azim Bhanji**  
**Theresa Wedekind**  
**John Cooze**  
**Sharon Spurgeon**  
**Deborah Lee**  
**Donna Tollett**

**Next General Members Meeting:**  
**Thursday, December 7th, 2023**  
**Lunch at 11:45 am Meeting to follow.**



# November Events:

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

**Every Thursday evening at 7:00pm:** Young at Heart Singers

**Friday, November 10<sup>th</sup>: Meal + Create the Indigenous Way**  
**5:30-9:30pm**

**Menu:** Indian Tacos, assorted berries with whipped cream, Cedar Tea, Coffee, and Fruit Punch

**Creation:** Tac Pin

**Takeaway:** Participants will be able to carry a powerful message of choice with these beautifully beaded pins. Basic beading skills will be observed.

**November 15<sup>th</sup> Thorold Garden Club AGM 7:30pm**

**Friday November 17<sup>th</sup>: All activities cancelled** for set up of the Christmas Bazaar

Saturday November 18<sup>th</sup>, **Christmas Bazaar**

**9:00am-1:00pm**

We are accepting donations for the Penny Table and the Flea Market.

The sign-up sheet for baked goods is on the Board at the Centre. We are making Also, if you are able, we need volunteers for set-up and tear down, you can message by email or call in.

**Raffle Tickets for a pair of Abbamania concert tickets** are available at the front desk. \$1.00 each or 5 Tickets for \$4.00.

November 25<sup>th</sup>-26<sup>th</sup> CPR

## October Recap:

Computer Camp has been a huge success. Classes will continue November 7<sup>th</sup> at 11:00am running Tuesdays and Wednesdays for a 4 week session.

Cooking for One had a smashing takeoff session. 5 weeks of information and yummy and nutritious recipes to make on your own.

Pumpkinfest was busy and productive. A huge shout out to those involved in making this event happen. We truly appreciate the hard work and effort.



Lucy Forbeck won the tickets for the Elvis Concert,  
and Lena Rushton won the 50/50 draw.

The Newcomers Club held their ---meeting with a High Tea Social provided by the Centre. It was very well received, and the attendees had many good things to say about the event. Thank you to all those who worked very hard to make this a very successful fundraising event for the Centre.



The Trivia Night Fundraiser was very fun and raised a nice amount for the Centre and the Garden Club. Thanks to those that made this night an evening full of fun and laughter.

# Balancing In Real Life



Laurie-Anne Lamothe:

We often hear people wanting to bring their life into balance. I like to think that balance is a process, not a destination. There are many different physiological factors to balancing, some of these include: structure, muscle, brain power, stress, focus, the surface you are balancing on, and practice.

Let's focus on practice. Practicing your balance doesn't only need to happen in your yoga, Tai Chi, or fitness class, every time you walk or run you are using balance. Every time you are standing and waiting there is an opportunity to practice balancing. Shifting your weight from one foot to the other is practicing balance. You don't even need to lift your foot up off the floor. You can use a wall, grocery cart, or walker to give you more stability.

The key is practice, practice, practice!! It doesn't need to be fancy! You can balance while waiting for water to boil, a microwave to run, when you are calling someone on the phone or when you are waiting at the pharmacy. Practice is cumulative. Little practices all add up!

Change your balance confidence a little bit at a time to get big results!!



## **Computer Camp for Beginners**

**Begins Tuesday November 7<sup>th</sup>, 2023.**

**11:00am-12:30pm running Tuesdays and Wednesdays for a four week session. Sign up on the board at the Centre or call in to reserve your spot. Open to everyone.**

Saturday November 18<sup>th</sup>, 2023

\*8 Carlton St South\* 905-227-2161

9:00am-1:00pm

# Christmas Bazaar



Crafts, Penny Table, Bake Table, Lottery Board,  
50/50, Grocery Baskets, Books,  
Pop-Up Market, Huge Flea Market



# Bus Trip: Betty's and Tour of Festival of Lights Thursday November 23, 2023



**Open to all Older Adults Tickets available at the Thorold Senior Centre**

8 Carleton St. S. - 905-227-2161

## Meal at Betty's Restaurant Chippawa

Cost of Bus and Tour of Festival of Lights **\$37.95** Includes: Bus, Meal, Gratuities, and Taxes

Non-Refundable

**Meal Options (must be chosen at ticket purchase):**

**Fish and Chips with coffee, tea and soda and Betty's pie.**

**Roast Beef Dinner with coffee, tea and soda and Betty's pie**

**Chicken Parmesan Dinner with coffee, tea and soda and Betty's pie**

## Itinerary

**5:00pm** Load at Sr. Centre

**5:10pm** Departure for Betty's Chippawa

**5:45pm** arrive at Betty's Chippawa

**5:45pm to 7:00pm** Supper at Betty's **7:00pm** Load Bus

**7:10pm** Depart Betty's for view of the lights and return to Sr. Centre

**7:55pm** Return to Sr. Centre.





## Indigenous Meal and Creation

start time: 5:30pm-8:00pm

\*8 Carleton Street South\*

November 10<sup>th</sup>

Indian Tacos, assorted berries with whipped cream, Cedar Tea, coffee, fruit punch.

CREATION: Tac Pin Participants will be able to carry a powerful message of choice with these beautifully beaded pins. Basic beading skills will be observed.

December 1<sup>st</sup>

Bison Stew with rolls and butter, assorted berries with whipped cream, cedar tea, coffee, fruit punch.

CREATION: Christmas Tree Pendant Participants will be able to showcase their beading skills as they sport a beautiful Christmas Tree pendant.

January 5<sup>th</sup>

Salmon Cakes with broccoli salad, assorted berries with whipped cream, cedar tea, coffee, fruit punch

CREATION: Key Fob with Initial Participants will be able to create a useful and meaningful key chain fob for either themselves or is suitable for a gift. A glover needle will be introduced as we create with Black Buffalo.

February 2<sup>nd</sup>

Indian tacos, assorted berries with whipped cream, cedar tea, coffee, fruit punch

CREATION: Coin Purse Participants will now have acquired the skills to work with both seal and black buffalo. A new stitch will be introduced.

March 1

Three Sisters Soup with Bannock

CREATION: Regalia Cuff Two strand regalia cuff will be created with shells, metal beads, and turquoise. This is a simple and relaxing creation with an outcome of a beautiful bracelet suitable for anyone.



**Jamie-Lynn was given the name Diindiisi Kwe, which means Bluejay Woman. More specifically, when the Bluejay flies from limb to limb, the beautiful music made by their wings is the foundation of the name Diindiisi Kwe.**

**Jamie-Lynn is a First Nations Anishanaabe (Ojibwe) Artisan with direct ties to the Residential Schools; a Family of both Survivors and also, those which did not. Jamie-Lynn teaches her traditional skills and techniques throughout the community. She feels sharing traditions and culture only makes us stronger as a Nation.**

*Your Support is Appreciated - Chi Miiqwetch*

# Pink Slip

Robert Stockton

## Across

1. River hazard
5. It aids commerce in Cancun, Kalamazoo, and Calgary
10. Left 21 across or 8 down
14. He's blue without his red or white
15. Offering from Google or Yahoo
16. He may be blue because he's in the red
17. Golden rule word
18. Princess in plum?
20. One might clean up at a Vegas hotel
21. Certain hand-outs
22. Coolpix camera maker
23. Fabric for a sundress
25. Creatures of clay
26. Share the stage with journalist Andrea ?
30. See eye to eye
31. Lord's Prayer start
32. Blown away
36. Org. that sticks to its guns
37. Auto dealer's option, and a hint to this puzzle's theme
41. Greeting for Caesar
42. Congers and morays, e.g.
44. Keats creation
45. Novelist Joyce Carol
47. Caesar's boastful bon mot?
51. Like this clue

1	2	3	4		5	6	7	8	9		10	11	12	13
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55						56	57				58		59	60
61						62					63			
64					65						66			
67					68						69			

## Down

13. Moran and Brockovich
14. Hydroxyl compound
15. "... until \_\_\_\_ a man with no feet"
16. "its Raining Men" singer Halliwell
17. Heroine of a classic children's reader
18. Man-eater of myth
19. Many a software engineer
20. Blue, red, or white
21. Sport with very wet horses?
22. What to get after an insult
23. He loved Lucy
24. Unchangeable storadge
25. Stir
26. A bagel and lox, perhaps
27. Buttress
28. Kept at bay
29. Mouse manipulator
30. You'll find many in a pound
31. Pronounces
32. How good was it?
33. Tony-winning Rivera
34. Dennis Miller speciality
35. Evening on the Champs Elysees
36. Land of the leprechauns
37. Like 27 down
38. Apr. 15 Data
39. Wine container