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**THOROLD SENIORS
CENTRE ASSOCIATION**

8 Carleton Street S.

Thorold, ON

L2V 5C2

905-227-2161

Membership - \$120 a year

\$60 from July 1 to Dec 31

+ \$5 key card deposit

Lifers \$60

MARCH 2022 NEWSLETTER

“Seniors On The Move”

thoroldseniorscentre@gmail.com

Presidents Message

For those that missed it, on Tuesday, March 8, 2022, we hosted the Minister for Senior Affairs Kamal Khera. Accompanying the minister was M.P. Vance Badaway and M.P. Chris Bittle. Other notable guests included Mayor Terry Ugulini, Niagara Board of Trade and Commerce Chair Mark Kawabe, Thorold Community Activities Group Executive Director Dan Pelletier and Advocacy representative for the Canadian Association of Retired Persons Ursula Hudson.

My sincere thanks to everyone who came out to show the dignitaries how active our small but mighty association is, including those playing Bridge, those at the craft table and those showing our guests how the use of the Cubi machines benefit our health. A special thank you to Treasurer Elaine for organizing the day's event to show the Minister how we made good use of the Federal funding, and for giving the kitchen a thorough cleaning before the day got started. Minister Khera et al took a tour of our facilities to see our six computer terminals and library, as well as our shuffleboards and pool tables. On behalf of the membership, yours truly thanked the Minister for her time and presented a gift to remember her visit with us. See you at Bingo! - President Rick

Our 1st Bazaar since the COVID interruptions will take place on Saturday, May 14, 2022. The sign up sheets have been posted. Please start bringing in your items now.

The Next General Meeting and Lunch will be April 7th. Lunch is at 12 noon and the menu is ham and scalloped potatoes, glazed carrots, drinks and desert all for \$ 20, catered by Donnelly's Pub.

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 now every Wednesday get a 20% discount.



Events and 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. & Wed. at 1:00pm

Chair Yoga with Diana is Thurs. at 11 except on meeting day when it's at 9am

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

Happiness is like a kiss – in order to get any good out of it you have to give it to somebody else.

Senior of the Year 2022

The City of Thorold, Age Friendly Committee and the Thorold Senior Citizens Association have partnered to honour a male and female senior who have made an outstanding voluntary contribution to enrich the social, cultural and civic life of our community.

Nominations can be submitted from February 22nd – April 15th 2022.

The Senior of the year awards will be presented on June 15, 2022 at 11:30am at the Ontario Paper Thorold Seniors Centre. Nomination forms available at Thorold City Hall, Ontario Paper Thorold Senior Centre, Thorold Public Library and Thorold Community Activities Group.

To be eligible for the Thorold Senior of the Year Award the senior must meet these criteria:

- Be 65 years or older
- Have contributed to the enrichment of the social, cultural or civic life of the Thorold community
- Have made this commitment without thought of personal or financial gain
- Not be a previous recipient of this award
- Must be a current resident of the City of Thorold

To be eligible for the 2022 Thorold Senior Citizens Association Seniors of the Year. The senior must meet these criteria:

- Be 60 years or older
- Has contributed the enrichment of the social and cultural life at the Ontario Paper Thorold Seniors Citizens Centre by volunteering and through other positive endeavours
- Has made this commitment without though of personal or financial gain
- Is not a previous recipient of the award
- Does not have to be a resident of Thorold but must have been a member of the Ontario Paper Thorold Seniors Citizens Centre for a Minimum of 5 years

Full details are available here at the centre.

After two long years, the Centre is hoping to have a Bazaar this spring on May 14th.

~~You can start bring donations in now and we can store them downstairs until May.~~ We are looking for used items for the flea market and new items for the penny sale.

We will also need help setting up for the Bazaar and working different tables on the 14th.

There are several sign up sheets on the bulletin board for you to choose from. Come on out and help support the club.

Our bazaars are our main fundraiser so your support is very appreciated but also very necessary.

We just found out the elevator will be out of service until further notice, so if you could hang on to your items a little longer that would be great.



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

We are not the only ones paying attention to the number of guests we have.

The city also tracks the attendance for the centre.

The average number of visitor's pre-pandemic was 1200 now we are at around 500 a month.

Saint Patrick's Day Word Search

Q G D S H H K P T V O R S E N
M A G I C B J X Y I R I S H W
F M C J A W U Y A S P T A P Z
O S X K U L R L O S J N A V R
E J F R W E G R E E N O R Z P
Q T I M C P U A T G T M R E P
C L O V E R S W L T R A A P Y
H N C N M E H K F R A S I I P
A V J W O C A G C E D T N N A
R G S N X H M O J A I O B C T
M A R C H A R L T S T F O H R
S A O V O U O D P U I U W U I
B I S G D N C E L R O E P L C
D S O L U C K I P E N O S K K
V P O T O D Q V T W J A L F G

IRISH
LUCK
CLOVER
MAGIC

SHAMROCK
POT
GREEN
TREASURE

LEPRECHAUN
GOLD
PINCH
MARCH

RAINBOW
PAREIC
TRADITION
CHARMS



10 Incredible Health Benefits of Oranges



Heart Health

Herperidin's in oranges help lower blood pressure and folate protects against cardiovascular disease



Digestive Health

Vitamin C helps prevent ulcers and fibre ensures a healthy colon



Cholesterol-Lowering

Contain limonin, which helps reduce LDL, or "bad" cholesterol



Kidney Support

Help prevent kidney stones & efficient filtering of toxins



Anti-Cancer

Studies have shown cancer-risk reductions in over 40-50% of individuals who consumed citrus fruits! Contain potent anti-carcinogens to prevent proliferation of cancerous cells.



Immune Support

High vitamin C content helps to steer away nasty bugs, bacteria & viruses. Prevents colds, flus & ear infections



Alkalizing

Rich in alkaline minerals to help balance body pH



Healthy Skin

Contain essential vitamins & minerals for beautiful, problem-free skin



Anti-Inflammatory

Oranges help prevent free-radical damage, which normally triggers the inflammatory cascade



Vision Protection

Loaded with carotenoids, oranges help prevent night blindness & macular degeneration

