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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***

# September 2023 Newsletter

## Friendship, Fun, and Staying Young

Well, here we are, summer is almost over. Now is the time to look forward to our fall and winter activities. We have been working hard to provide you all with more programming.

To start off the month of September, Saturday the 9<sup>th</sup>, we will be having our Pop-Up Market from 8:30am – 1:00pm. Last month we were able to donate fruit in the way off oranges and pears to the St John's Anglican Church to assist with feeding the homeless. We have also fed 5 families with veggies and fruit. It has been wonderful partnering with St John's this summer for the Junk in the Trunk Saturdays and the Pop-Up Markets. They sell the *best ever* butter tarts along with their amazing jams. My favourites are the Raspberry and Strawberry.

On September 12<sup>th</sup>, we are hosting the Older Adult Walking Club on Tuesday and Thursday from 10 to 11 and this program ends October 30<sup>th</sup>. The weather will be perfect for walking, and this will be a facilitated event.

Beginning Tuesday September 12<sup>th</sup>, we will be offering a Floor Yoga class from 1pm to 2pm with Laurie- Ann Lamothe. The Baking Social Club starts on Thursday September 14<sup>th</sup> at 11:00am. Bring your recipes so we can make cookies and goodies for our upcoming Pumpkin Festival. We will get you more details soon. September 23<sup>rd</sup> we will be hosting the Garden Club for the Awards presentations for the Rose and Garden Show.

September 15<sup>th</sup> is going to be a big day for the Seniors Centre, in partnership with United Way, TCAG, Thorold Library, Age Friendly and our friends at the St. John's Church. It starts off with a Continental Breakfast at St. John's for \$3.00 then over to the Seniors Centre where you will be able to visit all our vendors for the Information Fair. (Bagged lunch will be served.) The Pop-Up Market will also be in full swing, and the best part is that Trillium College is sending Massage Therapists for chair massages. You will all receive a goody bag and there will be raffles and gift certificate draws.

The City of Thorold, on September 16<sup>th</sup>, will be having their Community Yard Sales and I understand there are over 50 houses, so for those that like to yard sale, Happy Hunting!

On September 22<sup>nd</sup> starting at 11 am we are having a Cooking for One class. This class will be taught by Lynn Ogryzlo, author of The Ontario Table Cookbook. Nutrient is her hidden secret. You will find attached to this newsletter a calendar from TCAG of programs available to you.

The Thorold Seniors Centre has just received another grant for the coming year to host a Weekend Wellness Retreat and we are overjoyed that we can provide all these programs for you. Very soon we will be offering early evening classes in specialized stretching and exercising as well as classes for individuals with Osteoporosis.

Just a reminder, we will need housewares, smallwares and anything of that nature for the Christmas Bazaar. If you have items and need assistance getting the things here, call Brenda. Lots happening at the TSC! Come join us, get up, get out and get moving. We are here for you.

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 Yenni 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.



**New and Returning Members**

Welcomed in August:

**Sheldon Olmstead**

**Chris Cook**

**Linda Rucinski**

**Next General Members Meeting:  
Thursday, October 5, 2023**

**Lunch at Noon**

**Meeting to follow.**



# September Events:

September 5<sup>th</sup>: CPR

September 6<sup>th</sup>: CPR TOPS Meeting at 7pm



September 7<sup>th</sup>: General Member Meeting and Luncheon  
12 Noon for Lunch, Meeting at 12:45 followed by Speaker: Ben  
Pinfold, speaking on Wills and Estates

Thursday Nights 7:00pm **Young at Heart Singers** chorus  
group. Come out and join in for a great evening of music.

September 9<sup>th</sup>: Pop-Up Market

September 12<sup>th</sup>: Floor Yoga begins. 1:00pm every Thursday with Laurie-Anne Lamothe

September 14<sup>th</sup>: Baking Club will kick off at 11:00am. We are hoping to create lots of  
cookies and goodies for the Pumpkin Fest and for our snacks at the regular activities.  
Bring your favourite recipe! Please let us know if you want to join in.

September 14<sup>th</sup>: Dinner Club at 5:30pm, meeting at Ostin's in St Catharines

September 14<sup>th</sup>: Master Gardener's of Niagara meeting 6-9pm

September 15<sup>th</sup> Info Fair and Pop-Up Market  
There will be **No Regular Activities** scheduled this day

September 26<sup>th</sup>: Beginner's Computer Camp with Laurie Hughes 11:00 am  
Come out and learn from the "ground" up. Please sign up on the board or with Amy at  
the desk. The classes will be twice a week and runs for four weeks.

September 20<sup>th</sup>: Newcomers will be here in the afternoon from 2:00-4:00pm

September 20<sup>th</sup>: Thorold Garden Club will be having a Movie Night 7:30pm

September 22<sup>nd</sup>: Cooking for One 11:00 am Please register at the office by email  
thoroldseniorscentre@gmail.com or phone 905-227-2161

September 23<sup>rd</sup>: Thorold Garden Club will having their Award Presentations for the  
Rose and Garden Show

September 30<sup>th</sup> Day of Reconciliation/ Senior's Day/ Grandparents Day



# August Recap

**The Pop-Up Markets are going great! We are getting lots of visitors, cute furry ones too! Thank you to the volunteers who help make this happen. We are raising funds for our Centre and are increasing our visibility in the community.**



**We said Goodbye to a dear friend for our Community Ted Luciani. The memorial was beautiful, and we are Thankful that we were able to be a part of this day. Our Young at Heart Singers provided beautiful music and with the help of volunteers and three student volunteers we were able to facilitate a smooth event.**



**We want to thank our crafters who are creating toques for the Homeless Toolkits. These will be very helpful for those that need them.**



## September Birthdays

<b>Sandra Arscott</b>	<b>4</b>
<b>Marilyn Arsenault</b>	<b>12</b>
<b>Carolyn Bostock</b>	<b>16</b>
<b>Lorraine Clark</b>	<b>25</b>
<b>Aloma Cunha</b>	<b>16</b>
<b>Carolin Fior</b>	<b>26</b>
<b>Georgina Heyes</b>	<b>8</b>
<b>Sonja Hinksman</b>	<b>29</b>
<b>Laurie Hughes</b>	<b>18</b>
<b>Alice Humphrey</b>	<b>6</b>
<b>Beverly Knight</b>	<b>25</b>
<b>Anne Lukacs</b>	<b>18</b>
<b>Don Nicol</b>	<b>21</b>
<b>Carmela Risi</b>	<b>7</b>
<b>Barb Setford</b>	<b>27</b>
<b>Edna Upper</b>	<b>26</b>
<b>Helen Warner</b>	<b>12</b>
<b>Renate Webb</b>	<b>25</b>
<b>Sue Wells</b>	<b>28</b>



Community Events

### **September 9: Harvest Fest 2023**

Hosted by Knights of Columbus at Holy Rosary Hall

**Time:** 9:00 a.m. - 4:00 p.m.

**Details:** Crafters and vendors, farmer's market, food vendors, kid's safety village, rummage sale, 50/50 draw tickets; proceeds to Hospice Niagara, Special Olympics and SVDP Food Bank.

### **September 15: Older Adults Information Fair & Pop-up Market**

Hosted by TCAG, Thorold Public Library and Thorold Seniors Centre in partnership with United Way

**Time:** 9:30 a.m. - 1:00 p.m.

**Details:** Continental breakfast 8:30 - 9:30 a.m. at St. John Anglican Church; inexpensive fruits and vegetables; snacks available for purchase.

### **September 16: Murder Mystery Fundraiser Dinner**

Hosted by Thorold Community Theatre at Club Capri

**Time:** 6:00 p.m.

**Details:** Doors open at 6:00 p.m.; Mystery begins at 6:30 p.m.; Dinner at 7:00 p.m. Includes 4 course dinner, interactive event and prizes. Tickets are \$55.

### **September 16: A Musical Afternoon at Beaverdams Church**

Hosted by Beaverdams Church

**Time:** 1:30 p.m.

**Details:** Come out and enjoy a musical afternoon with Rick Young and Friends, celebrating the music of Fanny Crosby. Tickets are \$15 and are available online at

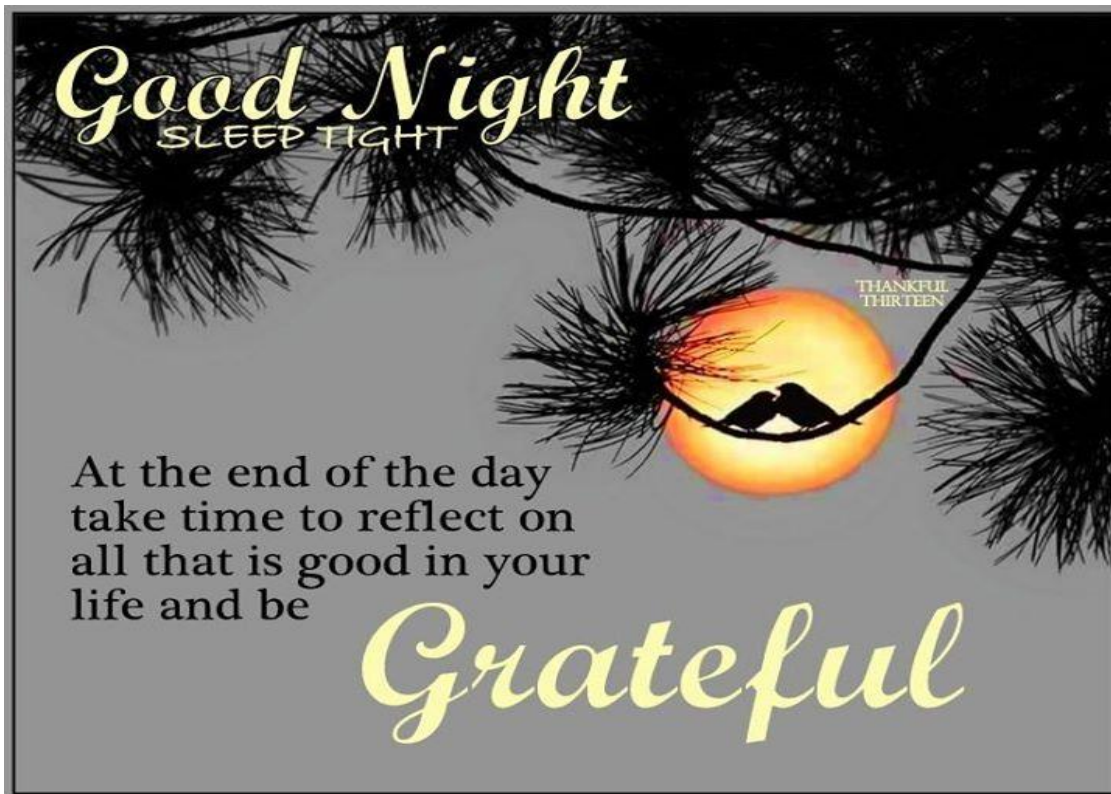
### **September 16: Pop-up Produce Market**

Hosted by Thorold Community Activities Group in partnership with United Way Niagara

**Time:** 2:30 - 4:30 p.m.

**Details:** Activities include Meet a Beekeeper, Niagara Region Dental Bus and Ask a Dietician Booth. Fresh produce baskets: large \$2, small \$2.

Getting better sleep: Laurie-Anne Lamothe



**It is time to fall asleep and your mind turns on full blast. Or you wake up in the middle of the night and that is when your mind turns on. Sometimes it feels like that our own thoughts are preventing us from sleeping. What can you do to slow the mind down at bedtime?**

**It is the best time for a gratitude practice!!**

**Start listing all the things you are grateful for!! And when your mind wants to wonder away from your gratitude list, bring it right back to gratitude. Try to visualize each thing that your grateful for. The more your senses are involved, the better the practice.**

**You can also take longer exhales. Longer exhales trigger the nervous system to relax. It does take a little practice.**

**Why does this work? It keeps your mind in the present moment. We can often ruminate on the past and/or the future. It becomes a habitual pattern...like a superhighway in the brain.**

**Changing that pattern takes some time...that's why it is a practice!!**

**And yes, you can change your mind and create new habits. Over time (as little as 30 days), you create a new brain response when you are falling asleep. Grateful thoughts as you are falling asleep create sweet dreams.**



# TRIVIA *Night*

**Saturday October 21<sup>st</sup> Doors Open 6:30pm Trivia starts 7:00 pm**

**Tickets \$20.00 available at the Front Desk**

**Maximum 8 per table**

**Pizza at Break time**

1. Which actor is common to Magnificent 7 and Dirty Dozen?

---

2. Which star's name means "chained maiden"?

---

3. In which Irish county can you kiss the Blarney stone?

---

4. What is the world's most widely used vegetable?

---

5. What color is cerulean?

---

6. Baked beans were originally served in what sauce?

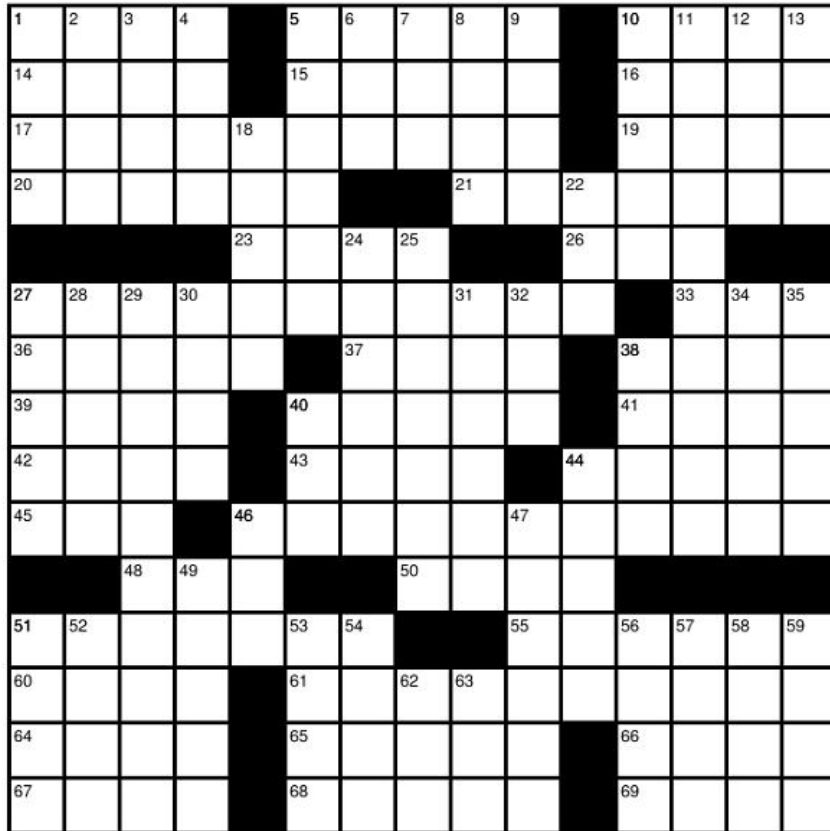
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**Trivia answers on last page.**

# In the Stars

## ACROSS

1. Oliver's plea
5. U.S.-Mex.-Can. accord
10. Very short time, for short
14. Cry from the crow's-nest
15. "Oh no, not \_\_\_\_\_!"
16. Hairy Himalayan
17. Om-maker's goal?
19. Final Four org.
20. "How should I know??"
21. Affirm under oath
23. "Got You (Where I Want You)" alt-rock band, with "The"
26. Figure on a revolutionary's T-shirt
27. Record-breaking level
33. Prof's helpers
36. Harried dad's heart's desire?
37. It's a long story
38. Name on a cognac bottle
39. "Rule Britannia" composer Thomas
40. Portents, or things which may follow the ends of 17, 27, 46, and 61 across, and 11 and 29 down
41. Labelled line on a graph
42. "\_\_\_\_ there, done that!"
43. Melchior and Balthasar, e.g.
44. Record label for Enya and The Monkees
45. Foofaraw
46. Ended up atop a dime?
48. Agent's org.
50. "G.I. Jane" portrayer
51. Highway egress



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55. Where a baseball player might be out, and a suburbanite might be in
  60. Met melody
  61. Your Gramp's age
  64. Russell of "Felicity"
  65. Where Dolphins play
  66. Word after lava or hurricane
  67. Like incompetent ninjas
  68. The Final Four, e.g.
  69. Foe of the Master Control Program
- DOWN**
1. It may be bounding or buried
  2. "Horrors!"
  3. Piece of "the San Francisco treat"
  4. Set one's sights on
  5. Relative of Greek fire
  6. Get along
  7. DOT org.
  8. Minor spasms
  9. From the top
  10. Avian aper
  11. It'll give you an out when the cops come
  12. Louisiana, to Louis
  13. "Aloha, Armando!"
  18. Equip a ship once more
  22. Command level: Abbr.
  24. Response to "Are you working a crossword?"
  25. Danced the Carolina state dance
  27. Gulf in the Middle East
  28. Cast ones bait
  29. Don't get caught in it
  30. Learner's permit holder, often
  31. Start a blaze
  32. It'll raise a blaze
  34. Acid in proteins
  35. Bulletin board VIP
  38. Cheerleader's cries
  40. Wee, in Dundee
  44. "Something to Talk About" rocker Bonnie
  46. Agent's org.
  47. Muscat residents
  49. Pinkie's pal, on Animaniacs
  51. Acorns' offspring
  52. One way to run
  53. Unpaid chauffeurs, often
  54. Ballerina's bend
  56. Rapier part
  57. Bridge guru Sharif
  58. Dead-tree twitter?
  59. NFL Countdown network
  62. It may make a lake
  63. RCA competitor





# SEPTEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>THOROLD</b> A Year for Health, Community & Connection				1 Movie Matinee: <i>The Time of Their Lives</i> 2pm Library	2 Therapy Tails Visit (All Ages) 1pm Library	3
4  Labour Day	5	6 Adult Craft Night: Wood Slice Owls 6pm Library	7 Fiction Book Club 6pm Virtual	8 Movie Matinee: <i>Hidden Figures</i> 2pm Library	9 PFLAG Niagara (All Ages) 12-2pm Library	10
11 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	12 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre	13 Fiction Book Club 6pm Library  History Tales: Laura Secord Decew House	14 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG  Older Adult (50+) Walking Club - Social 10-11am Senior's Centre  Fiction Book Club 6pm Virtual	15 Older Adults (50+) Information Fair 9:30am-1:00pm Senior's Centre  Movie Matinee: <i>Must Love Dogs</i> 2pm Library	16  Rosh Hashanah  Community Pop-Up Produce Market (All Ages) 2:30-4:30pm TCAG	17  Terry Fox Run 10am Thorold Community Credit Union
18 Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	19 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre  Bingo 10am Library	20 Non-Fiction Book Club 6pm Library	21 Parent/Caregiver Walking Club - Facilitated 10-11am TCAG  Older Adult (50+) Walking Club - Social 10-11am Senior's Centre  Fiction Book Club 6pm Library	22 Cooking for One 11am Senior's Centre  Movie Matinee: <i>Maudie</i> 2pm Library	23  Autumn Equinox	24
25  Yom Kippur  Parent/Caregiver Walking Club Facilitated 1-2pm TCAG	26 Older Adult (50+) Walking Club Facilitated 10-11am Senior's Centre	27	28 Parent/Caregiver Walking Club Facilitated 10-11am TCAG  Older Adult (50+) Walking Club Social 11-11am Senior's Centre	29 Cooking for One 11am Senior's Centre  Movie Matinee: <i>First Wives Club</i> 2pm Library	30  National Day for Truth and Reconciliation  Family BBQ (All Ages) 11am-3pm Senior's Centre	

## Important Info:

- Activities are targeted towards older adults (age 50+) unless otherwise indicated (ie: Family, All Ages)
- All activities are free. Program instructor reserves the right to limit participation due to safety or supplies.
- Some Fall programs require pre-registration, please see class description for details.
- Classes may be cancelled due to inclement weather or instructor illness. Cancellations will be announced on our social media channels and our website.
- Please call 905-227-0545 or visit [www.thoroldgroup.org/olderadults](http://www.thoroldgroup.org/olderadults) if you have any questions.

## Program Locations:

Seniors Centre (TSCA) - 8 Carleton St S  
 TCAG/Richmond St Park - 131 Richmond St  
 Thorold Public Library - 14 Ormond St N  
 DeCew House Heritage Park - 2350 Decew Rd  
 Canada Games Park - 2021 Canada Games Way  
 Terry Fox Run (Thorold Community Credit Union) - 63 Front St S  
 Virtual Book Club - held online, please contact the Library for link

## Program Descriptions:

**Movie Matinee** - Join us Fridays at 2pm for a movie at the Library! Pre-registration is required: 905-227-2581

**Adult Craft Night** - Come to the Library for some adult crafting time! All supplies provided. Space is limited. Patrons must register for each night they wish to attend: 905-227-2581

**Book Clubs** - Book clubs are offered by the Library, both in person and virtually (via Zoom). Registration is required; please take note of the location prior to registration. The library provides a copy of the title once you have registered. Register in person, by phone (905-227-2581), or via email ([programs@thoroldpubliclibrary.ca](mailto:programs@thoroldpubliclibrary.ca)).

**Walking Clubs** - Join us for some physical activity, while being social and having fun this Fall!  
**Parent/Caregiver Walking Club (All Ages)** - Join other parents, grandparents, and caregivers for a facilitated warm up, neighbourhood walk and cool-down. Chat with other adults while getting out and getting active. No childcare is provided, but babies, toddlers and young children in strollers are welcome on the walk! No pre-registration required, just drop in when you're able. Mondays 1-2pm and Thursdays 10-11am at the TCAG.  
**Older Adult Walking Club (50+)** - Want a slightly more challenging walk, that includes a warm up and cool down? Join us on Tuesdays from 10-11am for a facilitated session with Instructor Ava. Prefer to go at your own pace or just want to get social while you walk? Come out on Thursdays from 10-11am for an unfacilitated group walk. Both Tuesday and Thursday Older Adult walking clubs depart from the Thorold Senior's Centre, no pre-registration required.  
**\*Note in case of inclement weather, facilitated walking club sessions are held at Canada Games Park**

**History Tales** - Join us as we explore the fascinating history of Thorold! There's a different topic and speaker for each session. Aimed at Adults 50+ but all ages welcome.

**Bingo** - Enjoy some friendly competition for small prizes at the Library. Participants will play three Bingo games per session. Cards and markers provided. Registration required: 905-227-2581

**Cooking for One** - Come for this 5-week session with a professional chef to learn some tricks of the trade when cooking for one. Pre-Registration required, call the Senior's Centre: 905-227-2161.

**Trivia Night (Adults 50+)** - Bring your trivia knowledge to this fun social event. Call 905-227-2161 for info.

**Indigenous Foods Community Meal/Take Out** - Join the Senior's Centre to learn more about traditional and contemporary Indigenous Cuisine. Call 905-227-2161 for more information.

**Therapy Tales (All Ages)** - Therapy Tails Ontario is a nonprofit dog therapy program made possible by dedicated volunteers and their specially trained and certified pups. All ages are invited to the library to meet the dogs, who provide a safe and encouraging audience for practicing or reluctant readers or simply a furry friend to cuddle for anyone in need. Drop-in.

**PFLAG Niagara (All Ages)** - Pflag Niagara is a chapter of Pflag Canada, a peer support organization that affirms, respects and values all sexualities, genders and gender expressions. Drop by the Pflag table for information, discussion, or to make a button.

**Terry Fox Run (All Ages)** - Join Team TCAG at the Thorold Terry Fox Run - you can walk, run, roll or cycle with us, come out to cheer us on, or form your own team! <https://run.terryfox.ca/team/tcag>

**Community Pop-Up Produce Market (All Ages)** - Join us for fruits and veggies, family activities, entertainment and more! Meet your Thorold neighbours and find some good market food at an affordable price. Hosted by the United Way and the TCAG; Everyone is welcome!

**Family BBQ (All Ages)** - Celebrate National Senior's Month and Grandparent's Day, and mark the National Day for Truth and Reconciliation (Orange Shirt Day), with the Thorold Senior's Centre! Drop-in.

**Positive Living Niagara (All Ages)** - Positive Living Niagara is a community based organization made up of dedicated and caring staff and volunteers committed to providing support, education and advocacy to all who are affected by HIV. Positive Living Niagara will be at Thorold Public Library the first Wednesday of every other month beginning October 4th, for free naloxone training, along with information and resources on harm reduction and sexual health.

**Family Pumpkinfest (All Ages)** - Fall fun for the whole family! Drop-in.




**Community Garden Recipe Swap**  
 Bring your favourite recipe to share in our  
 Community Garden Cookbook!  
 Drop off to the TCAG, Library or Senior's  
 Centre by November 1st to be included!

# **OCTOBER 2023**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>THOROLD</b> <small>A Year for Health. Community &amp; Connection</small>						1
2 Parent/Caregiver Walking Club Facilitated 1-2pm <i>TCAG</i>	3 Older Adult (50+) Walking Club Facilitated 10-11am <i>Senior's Centre</i>  Bingo 10am <i>Library</i>	4 Positive Living Niagara (All Ages) 1-3:30pm <i>Library</i>  Adult Craft Night: Old Book Witches 6pm <i>Library</i>	5 Parent/Caregiver Walking Club - Facilitated 10-11am <i>TCAG</i>  Older Adult (50+) Walking Club - Social 10-11am <i>Senior's Centre</i>	6 Cooking for One 11am <i>Senior's Centre</i>  Movie Matinee: <i>Living</i> 2pm <i>Library</i>	7 PFLAG Niagara (All Ages) 12-2pm <i>Library</i>  Therapy Tails Visit (All Ages) 1pm <i>Library</i>	8
9  <i>Thanksgiving</i>	10 Older Adult (50+) Walking Club Facilitated 10-11am <i>Senior's Centre</i>	11  Fiction Book Club 6pm <i>Library</i>	12 Parent/Caregiver Walking Club - Facilitated 10-11am <i>TCAG</i>  Older Adult (50+) Walking Club - Social 10-11am <i>Senior's Centre</i>  Fiction Book Club 6pm <i>Virtual</i>	13 Cooking for One 11am <i>Senior's Centre</i>  Movie Matinee: <i>Bonneville</i> 2pm <i>Library</i>	14  Family Pumpkinfest (All Ages) 11am-3pm <i>Senior's Centre</i>	15
16 Parent/Caregiver Walking Club Facilitated 1-2pm <i>TCAG</i>	17 Older Adult (50+) Walking Club Facilitated 10-11am <i>Senior's Centre</i>  Bingo 10am <i>Library</i>	18  Adult Craft Night: Halloween Wood Signs 6pm <i>Library</i>	19 Parent/Caregiver Walking Club - Facilitated 10-11am <i>TCAG</i>  Older Adult (50+) Walking Club - Social 10-11am <i>Senior's Centre</i>  Fiction Book Club 6pm <i>Library</i>	20 Cooking for One 11am <i>Senior's Centre</i>  Movie Matinee: <i>Eddie the Eagle</i> 2pm <i>Library</i>	21 Community Pop-Up Produce Market (All Ages) 2:30-4:30pm <i>TCAG</i>  Trivia Night 6pm <i>Senior's Centre</i>	22
23 Parent/Caregiver Walking Club Facilitated 1-2pm <i>TCAG</i>	24 Older Adult (50+) Walking Club Facilitated 10-11am <i>Senior's Centre</i>	25 Nonfiction Book Club 6pm <i>Library</i>	26 Parent/Caregiver Walking Club - Facilitated 10-11am <i>TCAG</i>  Older Adult (50+) Walking Club - Social 10-11am <i>Senior's Centre</i>  Fiction Book Club 6pm <i>Virtual</i>	27 Indigenous Foods Community Meal/ Take Out 12-1:30pm <i>Senior's Centre</i>  Movie Matinee: <i>Moving On</i> 2pm <i>Library</i>	28	28
29 Parent/Caregiver Walking Club Facilitated 1-2pm <i>TCAG</i>	30 Older Adult (50+) Walking Club Facilitated 10-11am <i>Senior's Centre</i>	31  <i>Halloween</i>  Bingo 10am <i>Library</i>				

**Trivia Answers:**

1. **Charles Bronson**

2. **Andromeda**

3. **Cork**

4. **Onion**

5. **Deep Blue**

6. **Molasses**