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**THOROLD SENIORS
CENTRE ASSOCIATION**

8 Carleton Street S.

Thorold, ON

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905-227-2161

Membership - 2023

\$80 a year

\$40 from July 1 to Dec 31

+ \$5 key card deposit

Life Members \$40

www.thoroldseniors.ca

DECEMBER 2022 NEWSLETTER

Friendship, Fun and Staying Young.

thoroldseniorscentre@gmail.com

Presidents Message

Where did 2022 go? As I write this Presidents Message, I realize that there is only three weeks left in this calendar year. When you have an active Association, time flies. 2022 has been a successful year thanks to all of you who participated in one way or another. Our Spring Bazaar, High Tea, Pumpkinfest and Christmas Bazaar where all successful fundraisers for our Association but beyond that, offered the opportunity to participate in great social activities and fellowship. Many of our members pitched in to assist in both Bazaars this year which helped to make things run like a well oiled machine. My personal thank you to those members with many years of experience with the Bazaars, who manned their usual stations and ran everything smoothly. One of the last events of the year was our Christmas Luncheon and meeting which I missed due to work commitments. My sincere thanks to V.P. Brenda Bator for running the meeting in my absence. Our original guest speaker had to back out due to health issues and our fill in guest speaker cancelled at the last minute due to covid. These are issues that your Executive deal with to the best of their ability, but ultimately can't control. This is my last Presidents Message and before I go, I want to thank you for being a part of this great organization. Thank you to the current Executive for their sincere commitment. I now ask that you support incoming President Brenda and her team as they enter 2023 and remember to give serious consideration to putting your name forward to serve on the Board come election time in the spring. Have a Merry Christmas, spend as much time as you can with your family and we will see you at the "Centre".

President Rick

The Next General Meeting and Lunch will be January 12th. Lunch is at 12 noon

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 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.

Bingo: Mon, at 1pm.

Tech Support: with Laurie Wed. 11:30

Cards: Cribbage - Wed 1pm
Euchre - Fri 1pm

Crafts: Tues. at 1pm in the great hall. Everyone welcome.

Darts: – Wed. 1:00 pm

Shuffleboard: – Mon. & Thurs. at 1:00pm

Chair Yoga with Laurie-Anne is Thurs. at 11

Zumba: with Mary is Thurs. from 12-1 or Tues at 11:30 on meeting weeks

The measure of a person's real character, is what they would do if they knew they would never be found out.

Christmas Closure



We will close for Christmas break on December 23rd at 12 noon. We open back up on January 3rd as usual.

Dec 22nd -no yoga

Dec 23rd - no exercise or euchre

Membership dues for 2023 are \$80.00. Life members pay \$40.00. Membership dues should be paid by January 31st of the current year, as per the Constitution.

Cold or Flu?

Cold	Symptom	Flu (Influenza)
Rare, Mild (less than 100°)	Fever	Almost Always High (Greater than 100°)
Rare	Headache	Common
Slight	General Aches & Pains	Usual/Often Severe
Gradual over a Few Days	Onset	Rapid Onset
Common	Stuffy Nose	Rare
Common	Runny Nose	Common
Common	Sore Throat	Sometimes
Mild to Moderate	Cough	Common – Can be Severe (Dry)

Ways Seniors Can Stay Healthy and Happy This Holiday Season by [Supernutritious.net](https://supernutritious.net)

While the holidays are generally a happy time of year, it can be stressful and isolating (especially this year) for some. If you find the holidays are hectic and stressful, then know you're not alone. The good news is there are plenty of ways you can stay healthy and happy this year! Making a few lifestyle changes and planning for the upcoming season can make all the difference in how you feel.

Wash Your Hands Often

We should all be washing our hands properly and regularly all year round but especially during cold and flu season. Key tips for washing hands effectively include washing your hands at least a few times a day including after every trip to the bathroom, as well as after being in public places where you're exposed to many germs.

Schedule Visits with Loved Ones

Whether you feel isolated every year around the holidays or particularly this year given the current climate, there are ways you can prevent the feeling of isolation. For starters, if this is allowed according to the current guidelines in your city, you could schedule a socially distanced visit with the people you love. This can be done outdoors such as going for a walk or enjoying each other's company in a park.

If visiting with family isn't allowed or you don't feel comfortable, you can also schedule a virtual visit through video chat. Don't be afraid to ask for help if using a device or app is difficult for you!

Stay Up-To-Date on Vaccines

Many of us were vaccinated at a young age but did you know staying up to date on your vaccines well into our later years is just as important? Vaccines provide us with immunity from diseases to help keep us healthy. Seniors are particularly at risk for certain diseases thanks to a change in the immune system as well as living situations such as assisted living.

There are several vaccines seniors should consider. These include the influenza vaccine, pneumococcal polysaccharide vaccine, shingles vaccine, hepatitis A and B vaccine, as well as a few others. That said, not all seniors should get the same vaccines so make sure you speak to your doctor to discuss the risks and benefits of each.

Take Care of Your Immune System

Our immune system has an imperative job of protecting us from harmful diseases like the flu and that's why taking care of it is so important. Cold and flu season is also in full swing during the holidays which is even more reason to strengthen it.

There are several healthy habits that can boost your immune system and decrease your chances of contracting contagious and chronic illnesses. These include getting the flu vaccine, eating a healthy diet, staying active, and getting plenty of rest. And whatever you do, try and stay away from these habits that hinder immune health.

Manage Stress

Being stressed from time to time is completely normal but chronic stress is not. If you feel stressed during the holidays, it's time to make some changes.

Some signs and symptoms of stress include jaw and mouth pain, hair loss, bizarre recurring dreams, stomach problems, muscle twitching, headaches, and more. Be on the lookout for these symptoms and make sure you get your stress under control as soon as possible.

Some great ways seniors can reduce stress is to follow a routine (even during the holidays), focus on one task at a time, take time for yourself, keep your home clutter-free and organized, and use a calendar to keep track of important dates.

Stay Active

There are many benefits of regular exercise for seniors from reducing your risk of falling to warding off chronic diseases and maintaining your independence. Unfortunately, inactivity increases with age. The Centers for Disease Control and Prevention (CDC) explains, "By age 75, about one in three men and one in two women engage in no physical activity."

The good news is you can stay healthy this holiday season by staying active. You can do this by going for a daily walk, trying at-home exercises, or you can Step up to these easy exercises for seniors. Just make sure you speak with your doctor before starting a new workout regimen.

Eat Healthy Meals

Eating healthy meals even during the holidays is an important part of staying healthy and it will help prevent holiday weight gain. The holidays are also often busy but make sure you stick to your regular meal routine to ensure you don't overindulge.

Get Adequate Sleep

The holidays can be both exciting and stressful which may wreak havoc on your sleeping pattern. That said, getting adequate sleep is essential to staying healthy during the holidays. Not only will it help prevent weight gain but it'll also ensure you have enough energy for your daily activities.

Drink in Moderation

Not only do we enjoy an abundance of delicious food and treats during the holidays but we also enjoy many different drinks.

Unfortunately, many of these drinks are loaded with refined sugar and other unhealthy ingredients that aren't good for us. While we aren't suggesting you forgo these drinks altogether we do recommend that you enjoy in moderation to stay healthy. Don't forget to drink water — it's free of calories and hydrates your body!

Enjoy Hobbies and Recreational Activities

Last but surely not least make sure you partake in hobbies and activities that you enjoy doing. You can enjoy them solo or grab a friend or spouse and do them together.

