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**Brenda Bator**

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**Terry Ugulini**

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**Amy Roche**

**Steve Stoyanoff**

**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**



Hello Members

Christmas is right around the corner! It has been an amazing year, we have over 50 new members, and as of today, we are still in the black. Great news to be sure! We have lots planned for the coming year including more bus trips, cooking classes with Lynn Ogryzlo, a new stretching class that will help prevent falls, concerts by the Gallery Players, and so much more.

There are some changes coming, all very good including the renovation of the 2ND floor for the City of Thorold which will take place in March and finish roughly in September. The Senior Centre will be sending out the new calendar of events the first and second week of December which includes every event for us at the Senior Centre.

Starting in March 2024 our building will be under construction. This will make way for the city to renovate the upstairs and use that space for the Building Permits Department. We will be presenting the plan in the coming month for a look see, and we are extremely excited about all that is happening. We have been working with the city on our lease and we are happy to announce it is going well, and that is thanks to Geoff Holman.

Unfortunately, this year we were unable to get into the Santa Claus Parade, but sure will next year 2024. The parade was such a success I sent a quick email to Dave Baldoni, Acting Manager of Community Services and Public Works, and I was so overwhelmed by his generosity to the others that worked so hard, I attached his email to this newsletter you to read (see page 10). I currently sit on the Advisory Board for the City Events with Dave, and of course you may see him around our facility when he comes into the Centre to assist. Thanks Dave and to all those behind the scenes, from all of us at the Centre.

I thank you all for making this a wonderful year as President and I hope to make 2024 even more successful. Also, thank you to the Board of Executives for their hard work and devotion to the centre and to all the members out there, a Merry Christmas and Happy New Year.

Brenda Bator

President

**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

**Computer Camp:** Tuesdays and Wednesdays  
11:00-12:30

**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.

**INCLEMENT WEATHER: Please  
be aware that if school buses  
are cancelled, the Centre will be  
CLOSED that day as well.**

[www.dsbns.org/inclementweather](http://www.dsbns.org/inclementweather)



## **New and Returning Members**

Welcomed in November:

**Debbie Cassells**

**Jim Watts**

**Heather Lamothe**

**Richard Lamothe**

**David Flack**

**Dan Bretell**

**Lois Brettell**



**Next General Membership Meeting:  
Thursday, January 11, 2023  
Lunch at 11:45 am Meeting to follow.**

**Welcome Lynda Bonnar to our Board of Directors!**

Lynda will be sitting as Member at Large.

## December Activities:

Wednesday Evenings TOPS at 6:00pm

Thursday Evenings Young at Heart Singers at 7:00pm-8:30pm

Thursday December 7<sup>th</sup>: General Membership Meeting and Christmas Luncheon 11:45 for Luncheon Beef on the Bun, Cabbage Rolls, Salads, and Cheesecake \$15.00

December 10<sup>th</sup> St John's Anglican Church Christmas Market and Play 2:30-6:00pm

Thursday December 14<sup>th</sup> Dinner Club meets at Industria Pizzeria at the Pen Centre St. Catharines

Monday December 18<sup>th</sup> William Thomas and Luncheon 11:00-12:30

Luncheon at 12:30 Chili, bun, coffee, tea \$5.00

\*Bingo Starts at 1:30pm\*

The Executive will be presenting the competition "The Great Chili Cookoff"

Friday December 22<sup>nd</sup> the Centre is closing at 1:00pm

The Centre will be open December 27<sup>th</sup>, 28<sup>th</sup>, and 29<sup>th</sup>

There will be Bingo on Thursday December 28<sup>th</sup> at 1:00pm and also Thursday January 4<sup>th</sup> at 1:00pm

Next GMM will be January 11<sup>th</sup> 2024

Attendance sign-ins for November: 974

# Let's Support the Thorold Public Library

## December Activities

**Book clubs** are offered both in person and online (via Zoom). 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)). **L** at the Library **V** is Virtual

**December 6th at 6:00 p.m.** Fiction Book Club **Oona Out of Order** by Margarita Montimore **L**

**December 13th at 6:00 p.m.** Nonfiction Book Club **The Art Thief** by Michael Finkel **L**

**December 21st at 6:00 p.m.** Fiction Book Club **The Book Woman of Troublesome Creek** by Kim Michele Richardson  
**L**

**December 7th at 6:00 p.m.** Fiction Book Club **Close by Sea** by Perry Chafe **V**

**December 28th at 6:00 p.m.** Fiction Book Club **The Berry Pickers** by Amanda Peters **V**

**Movie Matinees: Fridays at 2:00pm** Registration is required: 905-227-2581

**December 1st:** Life of Pi

**December 8th:** The Terminal

**December 15th:** Man Who Invented Christmas

**December 22nd:** It's A Wonderful Life

**December 29th:** The Big Year

**Family Movie** Harry Potter and the Philosopher's Stone **December 28th 2:00 p.m. to 4:30 p.m.**

Enjoy a free screening of the first Harry Potter film. This film is rated PG. Registration is required: 905-227-2581

### Adult Craft Nights

**December 14th at 6:00 p.m.** Holiday Twig Trees Participants will make a fun holiday craft using twigs and decorations. All supplies provided. Space is limited. Registration required: 905-227-2581

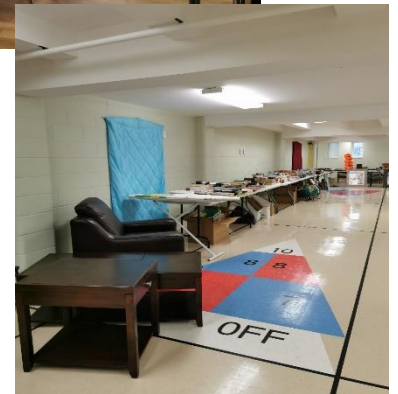
**Holiday Open House December 2nd 10:00 a.m. to 2:00 p.m.** Drop in to make a seasonal craft, enter our holiday giveaways, and/or pick up our first 2024 program guide!

**Library Hours:** Monday-Thursday 10:00 a.m. to 8:00 p.m. **Friday and Saturday** 10:00 a.m. to 5:00 p.m. **Sunday** CLOSED  
**Christmas Closures:** **December 25th, December 26<sup>th</sup>, and December 27th**



# November Re-Cap:

November 16<sup>th</sup> and 17<sup>th</sup> we had several of our members working very hard to set up the Christmas Bazaar for November 18<sup>th</sup>. There were items on both levels and it looked fantastic.



## Winners:

**Golf Package:**  
Ronald Mullins

**50/50 Draw :**  
Marilyn Hines

**2024 Membership:**  
David Flack

**Abba Tickets:**  
Joan Devine





# Festival of Lights trip November 23, 2023







Submission from our member **Don Ferguson:**



**Start 2024 the TSC Zumba way!** An exercise enjoyed by females and males. Thorold Seniors Centre Zumba Class is a form of exercise that combines elements of dance and aerobics to provide a fun and enjoyable workout. For Seniors balance is important. It does include a variety of dance styles, such as hip-hop, salsa, and Zumba®, (just like the good old days) and can be done by people of all ages and fitness levels. Know your limits and stay within your limits. Emphasis is on Fun during Zumba Class!

Are you are making a resolution to exercise more and be healthier in 2024? Then Zumba at the Seniors Centre is a great way to stay active and improve physical fitness, balance, and it gets your heart rate up. Zumba improves cardiovascular health, and helps to build strength, endurance and greatly improves your balance.

### **Emphasis in on Fun during Zumba Class!**



Senior Centre Zumba Class is fun and is a social activity, which can help to make working out feel less like a chore and more like something to look forward to.

So, if you're looking for a fun and engaging way to stay active and improve your health in the 2024, consider trying a Senior Centre Zumba Class.

The best choice in 2024





## Kindness by Laurie-Anne LaMothe

Today I am putting up my Christmas tree. I am making a big pot of spaghetti sauce to feed my family before trimming the tree. I freeze the leftovers to keep them at hand for a warm, easy winter meal.

The winter holiday season can be a very joyous time of year. There is definitely a hustle and bustle from now until January!! With long line ups and busy retail spaces, fuses can be shorter than usual. Things that we are going through can be magnified at this time.

This is the time of year to extend kindness! We will pass by many people who may be having a difficult time. A smile, a friendly word or kind gesture can change the way someone is feeling. Many of us are missing family members. Families may be separated by distance--both physical and emotional spaces.

And there are families who will have an empty chair at their holiday table for the first time this year. Time and life doesn't stop because it is the holidays. Grief can be strong this time of year. Treating yourself with kindness during this time of firsts may be exactly what is needed.

The yama ahimsa (non-harming) is a key part of viewing and being in the world with kindness as your focus. Small acts of kindness are ahimsa in action. These acts can change someone's day. We just never know what a person in a lineup is going through.

During this busy time of year maybe we can take the words of Jennifer Dukes Lee into action. "In a world where you can be anything, be kind."



**Email response from Dave Baldoni that was mentioned in the President's Letter:**

Hi Brenda,

Thank you very much for the kind words. The success of the Santa Claus Parade would not have been possible without the help of many more people who also deserve HUGE credit.

-Tessa Buonocore

-Carrie Groulx

-Steve Santo ( his wife Jill, and lovely daughter who served popcorn and hot chocolate )

-Jacob Tedesco

-Paige Gatis

-Natalie Stickle

And Heather Ekey, who was unable to attend at the last moment.

Also a huge thank you goes out to the staff that game out to help close roads and help coordinate alternate route of travel to confused visitors, and let's not forget the couple of volunteers that showed up to keep the floats moving.

I will be sure to pass along your kind words to this dedicated group who sacrificed their Saturday to make this a great tradition.

Thanks again Brenda.



**Winter Solstice December 21, 2023 at 10:27pm EST**



# Winter Health Risks for Seniors

by *Comfortkeepers.com*



For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Knowing what to look for, and creating a strategy for combatting winter health risks, can help seniors maintain positive mental health and physical wellness. Some factors to consider include:

- **Winter blues**

Cold air and gloomy skies can make anyone feel less cheerful during the winter months. However, depression can have an outsized effect on seniors and their long-term mental health.

Creating opportunities for

socialization and finding joyful moments isn't just for fun – it can help foster critical connection and combat loneliness.

There are a variety of uplifting activities that can be enjoyed during the winter months. These include movie nights, reminiscing by the fire, and getting outside on a rare sunny day.

- **Heart issues**

Heart attacks and high blood pressure are more common in winter because cold snaps increase blood pressure and strain on the heart. The heart must work harder to maintain body heat, while falling

temperatures may cause an unhealthy rise in high blood pressure, especially in seniors.

- **Pneumonia**

Pneumonia is an infection that can be dangerous for seniors due to lung issues that come with age, weakened immune systems and conditions that make pneumonia more severe.

Older adults should talk to their doctor about healthy lifestyle changes and vaccines that can help.

- **Joint pain**

Joint pain can be more common for seniors in cold conditions – whether they suffer from arthritis or not. Dressing in layers, regulating the temperature inside and stretching exercises can help.

A healthcare professional can also suggest exercise, medication or other coping strategies.

- **Winter illness**



**Continue**

**Ontario Society of Senior Citizens Organizations**

**La Société des Organisations des Citoyens Aînés de l'Ontario**

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Charitable Registration Number: 88502 6351 RR0001

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## Christmas Word Scramble

Unscramble the letters to find words which have to do with Christmas.  
Some of the words have religious meanings, others are secular in nature.

1. Groceos \_\_\_\_\_
2. Naclorig \_\_\_\_\_
3. Rats \_\_\_\_\_
4. Scunttshe \_\_\_\_\_
5. Porduhl \_\_\_\_\_
6. Naast \_\_\_\_\_
7. Skagceap \_\_\_\_\_
8. Dressephh \_\_\_\_\_
9. Gramen \_\_\_\_\_
10. Galen \_\_\_\_\_
11. Limesotte \_\_\_\_\_
12. Vaniyitt \_\_\_\_\_
13. Gotscink \_\_\_\_\_
14. Virasou \_\_\_\_\_
15. Traweh \_\_\_\_\_
16. Gisehl \_\_\_\_\_
17. Wamsonn \_\_\_\_\_
18. Ejuss \_\_\_\_\_
19. Stranneom \_\_\_\_\_
20. Scamsthir \_\_\_\_\_