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**THOROLD SENIOR  
CITIZENS ASSOCIATION**

**8 Carleton Street S.**

**Thorold, ON L2V 5C2**

**905-227-2161**

**[www.thoroldseniors.ca](http://www.thoroldseniors.ca)**

**Membership - 2023**

**\$80 a year**

**+ \$5 key card deposit**

***Life Members \$40***



### President's Letter

Hello Everyone

It has been quite the summer. Hot, humid weather, lots of rain storms, and of course the fires, but we seem to be getting through it all. The flowers and vegetables are growing exceptionally well this season.

We have some sad news to report; we recently lost Teddy Luciani and Jessie Murray. Both of these individuals had so much to do with the Thorold Senior Citizens Association. Jesse Murray and her son John started this Centre with the assistance of Teddy Luciani who was the Mayor. Ted Luciani was Thorold Mayor for 18 years. We will miss them both, and we are all thankful for what they did to keep our Centre open. God Speed.

Our summer has had a busy start and we will be keeping busy. Our POP UP MARKET starting August 5th at 8.30 am will have fruits and veggies available at great prices. We will have the market every other weekend right through October. There are schedules both on the white boards and on the front counter for the TCAG/Thorold Library/Thorold Senior partnership. Check out the schedules as there is so much to do.

September 16th is going to be a great and busy day for us here at the Centre. We are holding, in partnership with TCAG and St John's Anglican Church, a Health and Wellness Expo. Continental breakfast will be served at St John's from 8:00am to 10:00am and lunch will be served at the Senior Centre from 1:00pm to 2:30pm.

There will be free hearing tests, free chair back massages, blood pressure checks, and many vendors who will have, or give you, information on your Wellness. More to come on all the Vendors. Overflow will be in St John's Anglican Church.

We have had a great turn out for the BBQ's so we are going to add another day during the week for a BBQ lunch.

Continue to enjoy our summer because before we know it, Labor Day and Pumpkin Festival time will be here.

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 July:**

**Janice Longhurst  
Cheryl Eckhardt  
Carmela Valstar  
Debbie Demeo  
Carmela Arillotta**

**Next General Members Meeting:  
September 7, 2023**

**Luncheon at Noon followed by  
Meeting**

# August Events:

**Tuesday, August 1<sup>st</sup>, Thorold Public Library: Trivia Session 2:00-3:30pm**

**Wednesdays, August 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> TOPS Meetings 6:00-8:00pm**

**Saturdays, August 5<sup>th</sup> and 19<sup>th</sup>, Trunk Sales and Pop-Up Market! Starting at 8:30 am until 1:00pm**

**Tuesday, August 8<sup>th</sup>, Thorold Public Library: Crafting Fun**

**August 8<sup>th</sup> and 9<sup>th</sup>, CPR Training by St Johns Ambulance**

**Thursday, August 10<sup>th</sup>, Dinner Club at Big Marco's, 5:30 pm, 4<sup>th</sup> Avenue St. Catharines**

**Friday August 11<sup>th</sup>, Bar-B-Cue and Corn Toss, \$10.00, open to everyone!**

**Saturday August 12<sup>th</sup>, Special Bingo and Bar-B-Que**

**Monday August 14<sup>th</sup>, Niagara Region Potluck 6:00-8:00pm**

**Yoga in the Park 6:00-7:00pm**

**Tuesday, August 15<sup>th</sup>, Thorold Public Library: 2:00-3:30pm Bingo**

**Monday, August 21<sup>st</sup>, Yoga in the Park, 6:00-7:00pm**

**Tuesday, August 22<sup>nd</sup>, Thorold Public Library: Book Share**

**Friday, August 25<sup>th</sup>, Bar- B -Cue and Corn Toss, \$10.00, open to everyone!**

**Saturday and Sunday, August 26<sup>th</sup> and 27<sup>th</sup>, CPR Training with the St John's Ambulance**

**Monday, August 28<sup>th</sup>, 6:00-7:00pm Yoga in the Park**

**Tuesday, August 29<sup>th</sup>, 2:00-3:30 pm, Thorold Public Library: Trivia Session**





## July Recap:

The Center had a Booth at the Canada Day weekend festivities at Beaverdams Park. It was a great weekend. We had many donations from our members for the wine basket and the food hamper. Thank you to everyone that contributed. Also, a big thank you to the Members who tended the Booth and represented our Centre.

The Bar-b-Ques on the 14<sup>th</sup> and 28<sup>th</sup> went very well. We now have a corn toss game and crokinole that can be played before or after the lunch.



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**The Thorold Community Market will take place every Wednesday this summer until August 30 from 5:00 to 9:00 p.m.**

Join us this summer for the **Thorold Community Market**. Farm, Artisan and food vendors will be participating each week at the Battle of Beaverdams Park between the first week of June and Labour Day. Support local this summer at the Thorold Community Market! The market is free for the whole family to enjoy.

For more information, or to speak with staff about the market, please contact our Community Services Division at [community.services@thorold.ca](mailto:community.services@thorold.ca).

## Keeping Hydrated in the summer months: Laurie-Anne LaMothe



**Hydration** is vital during the summer months and the dry winter months!

“Older adults naturally have a lower volume of water in their bodies, and may have conditions or take medications that increase the risk of dehydration.” [Mayoclinic.org](https://www.mayoclinic.org)

Dehydration happens when your output of fluids is higher than your input of fluids. We also lose minerals in our sweat. Besides dry mouth, dehydration can lead to confusion, dizziness and fatigue. Also a sign of dehydration is dark coloured urine.

Drink water regularly. Remember that coffee and tea are diuretics.

There is so many different products on the market to increase hydration and electrolytes. I find they don't taste good and contain a lot of sugar and colour.

In Ayurveda, limes (not lemons) are cooling and hydrating in nature. Here is a recipe from my Ayurveda teacher Mona Warner.

**3 cups water** (Room temperature water is best because it is easier to dissolve the salt.)

Juice one lime and include the pulp (You can buy pure lime juice. The only ingredient listed will be lime juice. That's the kind you want to buy or a lime itself!)

**1 tsp pink salt (or sea salt)**

**2-3 tablespoons maple syrup**

Mix all together and stir until the salt is dissolved.

You can adjust the salt and maple syrup to taste.

**NOTE: Even with natural products, please check with your pharmacist to make sure that there is not interference with any medication you are taking.**

Another alternative is to add peeled and slice cucumber to water. Cucumber is full of water!! They also have an interesting trait. The inside of a cucumber is cool even when it is hot outside!

Enjoy the heat of the summer and stay hydrated!

# Thorold Area Events for August



## Important Info:

- **Activities are targeted towards older adults (age 50+) unless otherwise indicated** (ie: Family, Kids, or All Ages)
- All summer activities are drop-in and run on a first-come, first-serve basis.
- All activities are free. Program instructor reserves the right to limit participation due to safety or supplies.
- No pre-registration is required, but 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  
 Sullivan Park - 50 Elgin St  
 Rolling Meadows Park - 54 Sunset Way  
 Memorial Park - Albert St E & Chapel St S  
 McAdam Park - Ontario St, Thorold South  
 TCAG/Richmond St Park - 131 Richmond St  
 Battle of Beaverdams Park - Sullivan Ave  
 Thorold Public Library - 14 Ormond St N  
 Beaverdams Village Park - Kaye Ave  
 South Confederation Park - Parkview Ave  
 DeCew House Heritage Park - 2350 Decew Rd  
 Allanburg Community Park - 1560 Falls St, Allanburg  
 Port Robinson Park - 1 River St, Port Robinson  
 Darlene Ryan Community Centre - 40 Cross St, Port Robinson

## Program Descriptions:

**Morning Cardio Fitness** - Come get your heart pumping with active exercise and great music! Hosted by the TCAG with Instructor Ava; Adults 50+.

**Core & Balance** - Work on strength, balance and core muscles essential to fall prevention! Hosted by the TCAG with Instructor Roberto; Adults 50+.

**Gentle Yoga** - A gentle class combining postures and breath work to ease into your evening. Some yoga mats and chairs will be available, bring your own if you have them! Hosted by Yoga Centre of Niagara; Adults 50+.

**Zumba** - Join us for this mix of fitness, music and fun! A combination of cardio and dance hosted by the TCAG, with Instructor Gina on Tuesdays and Yenny on Fridays; Adults 50+.

**Tai Chi** - A gentle martial art that focuses on health benefits, strength, flexibility and balance. Hosted by the TCAG with Instructor Roberto; Adults 50+.

**Chair Yoga** - An adaptive chair practice that includes yoga, meditation and breath work to start your afternoon. Chairs provided. Hosted by Yoga Centre of Niagara; Adults 50+.

**Adult Art in the Park** - Discover your inner artist! Participate in a guided art session "en plein air." Hosted by the Thorold Public Library; Adults 50+.

**Fun & Fit** - A basic fitness class for all abilities that focuses on use of your own body weight, no equipment required! Hosted by the TCAG with Instructor Donna; Adults 50+. \*Note class is held next to the church on Sunset Way.

**Beginner Pickleball** - Come learn the basics of this popular sport! No experience necessary - our instructor will teach you the basics of equipment, game play and get you up and ready for your first game. Adults 50+.

**Corn Toss Social** - Come play this popular North American lawn game while socialising! Hosted by the Thorold Senior Citizen's Association; Adults 50+.

**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.

**Community Garden - Recipe Swap** - Bring your favourite recipe and share with others! We hope to assemble a TCAG Community Garden cookbook, so bring your best recipes! All Ages.

**Family Art in the Park** - Everyone is welcome for a family art session! Hosted by the Thorold Public Library; All Ages.

**Family Fun in the Outdoors** - Everyone is welcome for a fun session in the outdoors! Program will include games, crafts, active outdoor play and more. Hosted by the TCAG; All Ages.

**Family Yoga** - A fun-filled yoga experiences for all ages! A mix of yoga, mindful movement and family-friendly meditation - a great way to ease into the weekend! Some yoga mats available, but you can bring your own if you have one. Hosted by Yoga Centre of Niagara; All Ages.

**Family Mad Science** - Bring the whole family and let your inner mad scientist out to play! Participate in experiments and take home something to remember your day. Hosted by the TCAG and Mad Science of Niagara; All Ages.

**Family Croquet** - Share this time-honoured outdoor game with the whole family! Hosted by the Thorold Senior Citizen's Association; All Ages.

**Community Pop-Up Produce Market** - 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!

# AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Zumba 11am-12pm McAdam Tai Chi Family Art in the Park 3:30-4:30pm Sullivan Family Fun in the Outdoors 6-7pm TCAG	2 Chair Yoga 10-11am Library Adult Art in the Park 3:30-4:30pm Battle of Beaverdams Fun & Fit 6:30-7:30pm Rolling Meadows	3 Tai Chi 10-11am Beaverdams Village Beginner Pickleball 12:30-2pm South Confederation	4 Adult Zumba & Family Mad Science 10-11am Port Robinson Garden Recipe Swap 3:30-4:30pm TCAG	5 Community Garden/ Seed Library (All Ages) 2-2:30pm TCAG	6
7 Morning Cardio Fitness 10-11am Sullivan Core & Balance 3:30-4:30pm Rolling Meadows	8 Zumba 11am-12pm McAdam Tai Chi Family Art in the Park 3:30-4:30pm Sullivan Family Fun in the Outdoors 6-7pm TCAG	9 Chair Yoga 10-11am Library Adult Art in the Park 3:30-4:30pm Battle of Beaverdams Fun & Fit 6:30-7:30pm Rolling Meadows	10 Tai Chi 10-11am Beaverdams Village Beginner Pickleball 12:30-2pm TCAG	11 Adult Zumba & Family Mad Science 10-11am Allanburg Corn Toss Social 1:15-3:15pm Senior's Centre Family Yoga 6:30-7:30pm TCAG	12 Family Croquet (All Ages) 1-3pm Senior's Centre	13
14 Morning Cardio Fitness 10-11am Sullivan Core & Balance 3:30-4:30pm Rolling Meadows Gentle Yoga 6-7pm McAdam	15 Zumba 11am-12pm McAdam Tai Chi Family Art in the Park 3:30-4:30pm Sullivan Family Fun in the Outdoors 6-7pm TCAG	16 Chair Yoga 10-11am Library Adult Art in the Park 3:30-4:30pm Battle of Beaverdams Fun & Fit 6:30-7:30pm Rolling Meadows	17 Tai Chi 10-11am Beaverdams Village Beginner Pickleball 12:30-2pm South Confederation History Tales: Port Robinson 6:30-7:30pm Darlene Ryan	18 Adult Zumba & Family Mad Science 10-11am Port Robinson Garden Recipe Swap 3:30-4:30pm TCAG Family Yoga 6:30-7:30pm TCAG	19 Community Pop-Up Produce Market Kick-off Celebration (All Ages) 2:30-4:30pm TCAG	20
21 Morning Cardio Fitness 10-11am Sullivan Core & Balance 3:30-4:30pm Rolling Meadows Gentle Yoga 6-7pm McAdam	22 Zumba 11am-12pm McAdam Tai Chi Family Art in the Park 3:30-4:30pm Sullivan Family Fun in the Outdoors 6-7pm TCAG	23 Chair Yoga 10-11am Library Adult Art in the Park 3:30-4:30pm Battle of Beaverdams Fun & Fit 6:30-7:30pm Rolling Meadows	24 Tai Chi 10-11am Beaverdams Village Beginner Pickleball 12:30-2pm TCAG History Tales: Downtown 6:30-7:30pm Towpath/Front	25 Adult Zumba & Family Mad Science 10-11am Allanburg Corn Toss Social 1:15-3:15pm Senior's Centre Family Yoga 6:30-7:30pm TCAG	26 Family Croquet (All Ages) 1-3pm Senior's Centre Family Swim (All Ages) 7-9pm Thorold Pool Family Outdoor Movie (All Ages) 9pm Richmond St Park	27
28 Morning Cardio Fitness 10-11am Sullivan Core & Balance 3:30-4:30pm Rolling Meadows Gentle Yoga 6-7pm McAdam	29 Zumba 11am-12pm McAdam Tai Chi Family Art in the Park 3:30-4:30pm Sullivan Family Fun in the Outdoors 6-7pm TCAG	30 Chair Yoga 10-11am Library Adult Art in the Park 3:30-4:30pm Battle of Beaverdams Fun & Fit 6:30-7:30pm Rolling Meadows	31 Tai Chi 10-11am Beaverdams Village Beginner Pickleball 12:30-2pm South Confederation History Tales: Battle of Short Hills 6-7pm Senior's Centre			



# Information from the Canada Revenue Agency

**Get ready: the CRA is in its summertime benefit period!**

We know how fast a Canadian summer can pass us by! Before you head off into your summer adventure, take a minute for some good news from the Canada Revenue Agency (CRA)!

This July will be exceptionally busy for CRA benefits and credits. We are offering new payments your clients may be eligible for and we are adjusting existing amounts for the new benefit year.

## What's new:

### **Period two of the Interim Canada Dental Benefit opens July 1: get ready to apply!**

In July, families with young children can apply for the first or second time to get the dental benefit. Eligible families can get up to \$650 per child for dental care services that take place between July 1, 2023 and June 30, 2024.

Families may be eligible if:

- their child(ren) is under the age of 12 as of July 1, 2023
- their adjusted family net income is less than \$90,000
- they do not have access to private dental insurance and
- their dental care expenses are not fully covered by another dental program provided by any level of government.

Learn more about eligibility and how to apply at [Canada.ca/dental](https://Canada.ca/dental).

### **The new Grocery Rebate helps at the check-out**

In Budget 2023, the Government of Canada introduced a Grocery Rebate payment to help those who need it most keep up with rising costs.

The rebate will be issued July 5, 2023, alongside the regular GST/HST credit payment to individuals and families who were entitled to receive a GST/HST credit payment for January 2023.

Recipients could get up to an extra \$467 for eligible couples with two children; up to an extra \$234 for single Canadians without children; and an extra \$225 for seniors, on average.

Learn more about the rebate at [Canada.ca/grocery-rebate](https://Canada.ca/grocery-rebate).

### **Advanced Canada workers benefit (ACWB) now year-round**

Thanks to a recommendation by the Government of Canada in the 2022 Fall Economic statement, the Canada workers benefit (CWB) will now be available in three installments through the ACWB without needing to apply for advanced payments.

Starting in July 2023, ACWB recipients will receive half of their 2022 CWB allotment in quarterly instalments in July, October and January. The remaining amount will be reconciled once they file their 2023 tax return next spring.

The ACWB is a refundable tax credit to help individuals and families who are working and earning a low income. Read more at [Canada.ca/canada-workers-benefit](https://Canada.ca/canada-workers-benefit).

### **Most Atlantic provinces get the Climate action incentive payment starting in July**



This July, Newfoundland/Labrador, Nova Scotia and Prince Edward Island will start to receive the Climate action incentive payment.

These three Atlantic provinces will join residents of Ontario, Manitoba, Saskatchewan and Alberta who already receive the benefit. Payments will begin on July 14, with the majority of Atlantic Canadians receiving their payments on July 21. Please allow to the end of July for your payment to arrive before calling us. Learn more about who is eligible and province-specific payment amounts at [Canada.ca/cai-payment](https://Canada.ca/cai-payment).

### **Benefit and credit amounts are adjusted each July - check your notices!**

Each July, most federal benefits and credits are adjusted to support the rising cost of living. Benefit payments may also be adjusted if your family situation has changed (like having a new baby or ending a relationship).

Some benefits that could be adjusted include the Canada child benefit (CCB), the GST/HST credit, and related provincial and territorial payments, just to name a few.

Your clients can find out if their benefit or credit payment amounts were adjusted by checking their Notice of Redetermination.

**Reminder:** credits may be used to pay down a taxpayer's government debt (except for the CCB and related provincial and territorial child benefits which can only pay down their own debt). Their Notice of Redetermination will alert them if any of their benefits or credits have been applied to a debt.

### **Dates to remember**

- **July 1**, applications open for period two of the interim Canada Dental Benefit
  - **July 5**, Grocery Rebate and GST/HST credit payment day
  - **July 14 - 21**, Climate action incentive payments will be issued
    - **July 20**, Canada child benefit payment day
    - **July 28**, first quarterly payment of the Advanced CWB

**Need to call?** It is possible our phone lines may be busier than usual around these payment dates. That may mean some call wait times will be longer than normal. You can check on [call wait times on Canada.ca](https://Canada.ca/call-wait-times) before you dial.

The CRA wants to connect all eligible Canadians with the benefits and credits they are entitled to this summer. We hope you will help us spread the word to ensure your clients are aware of what's new this summer.

### **Stay connected**

To find out what's new at the Canada Revenue Agency (CRA):

- Follow the CRA on [Facebook](https://www.facebook.com/CanadaRevenueAgency)
- Follow the CRA on Twitter – [@CanRevAgency](https://twitter.com/CanRevAgency)
  - Follow the CRA on [LinkedIn](https://www.linkedin.com/company/cra)
  - Follow the CRA on [Instagram](https://www.instagram.com/cra)
- Subscribe to a CRA [electronic mailing list](#)
  - Add our [RSS feeds](#) to your feed reader
- You can also watch our tax-related videos on [YouTube](https://www.youtube.com/c/CanadaRevenueAgency)



# TRIVIA *Night*

**Coming: Saturday October 21<sup>st</sup>**

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

**Maximum 8 per table**

**Pizza at Break time**

1. What is the first letter on the typewriter? \_\_\_\_\_

2. How many words does Pablo Picasso's full name have? \_\_\_\_\_

3. The World's first postage stamp was introduced in what year? \_\_\_\_\_

4. On average, how long does it take food to pass through the human body? \_\_\_\_\_

5. What is the brightest star in the sky? \_\_\_\_\_

6. Who invented the word vomit? \_\_\_\_\_

**Trivia answers on last page.**

4		1	2	9			7	5
2			3			8		
	7			8				6
			1		3		6	2
1		5				4		3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7

# August Birthdays

Thelma Loch	3
Anne Beresford	4
Barb Custers	4
Jackie Dickieson	4
Bernie McDonell	13
Richard Sewell	22
Carmela Arillotta	23
Gaston Rozon	24
Diane Fenton	25
Bev Cruise	26
Doreen Helsdon	28
Luciano Valsi	28
Lynda Bonnar	30

**Trivia Answers:**

1. **Q**

2. **23** Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruíz y Picasso

3. **1840**

4. **53 hours**

5. **Sirius**

6. **William Shakespeare**