



MARCH & APRIL 2011 BULLETIN

UPCOMING BUS TRIPS

Casino Rama & Grease (Orillia)

- Wednesday, March 9th, 2011

'Echoes of Ireland' Sanderson Centre (Brantford)

- Thursday, March 10th, 2011

'Happy Days the Musical' Stage West Dinner Theatre (Mississauga)

- Wednesday, April 6th, 2011

Caesar's Casino (Windsor)

- Tuesday, April 19th, 2011

Fallsview Casino (Niagara)

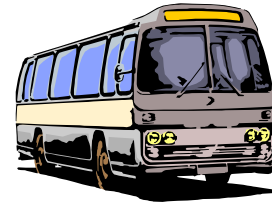
- Tuesday, May 10th, 2011

'Calendar Girls' Royal Alexandra Theatre (Toronto)

- Sunday, May 15th, 2011

'Ned Durango' Lighthouse Theatre (Port Dover)

- Saturday, June 18th, 2011



Travel Features

Travel Social (Fri. April 1, 2011 at 2:00pm) – Bea Jordan Auditorium

As a way of saying thank you to those who have traveled with us, the Travel Committee is inviting all travelers to a free afternoon of fun and fellowship. Join us to hear a presentation from Great Canadian regarding the details of our upcoming 2011 day trips. Light refreshments will be served. Door prizes.

Happy Days the Musical, Stage West Mississauga (Wed. April 6, 2011)

\$90.00. Goodbye grey skies, hello blue! Happy days are here again with Richie, Ralph Malph, and the unforgettable “king of cool” Arthur “The Fonz” Fonzarelli. Based on the hit TV series, this show reintroduces the Cunninghams, and the days of 1959 Milwaukee complete with varsity sweaters, hula hoops and jukebox soc hoppin’. The famed Arnold’s malt shop is in danger of demolition, so the gang teams up to save it! Includes transportation, show ticket, meal and driver’s tip.

Calendar Girls, Royal Alexandra Theatre (Sun. May 15, 2011)

\$135.00. The funniest, most uplifting show in London is coming to Toronto! The show follows the members of a very ordinary women’s club as they spark an uproar with a charity fundraiser. It’s a calendar. . . but these ladies will drop everything for a good cause! Before the show, we’re treated to a lunch buffet at the Hot House Café. Includes transportation, show ticket, meal and driver’s tip.

Register for all trips **in advance** at the Kiwanis Centre, Monday thru Friday from 8:30am – 4:30pm.

BE SURE TO PICK UP TRAVEL FLYERS FOR MORE INFORMATION ON ALL TRIPS



Kiwanis Community Centre
111 Lakeside Drive
PO Box 874
Stratford ON N5A 6W3
519-271-4310

CALENDAR OF SPECIAL EVENTS

March 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>9:30am</u> Special Events Com. Meeting <u>12noon</u> Wheels to Meals	2	3	4 <u>9:30am</u> Travel Com. Meeting	5
6	7	8 <u>9:30am</u> Senior Games Com. Meeting	9 <u>8:30am</u> Bus leaves for Orillia	10 <u>9:30am</u> Advisory Meeting <u>10:30am</u> Bus leaves for Brantford	11 <u>10:00am</u> Euchreama	12
13	14	15 <u>12noon</u> Wheels to Meals	16	17 <u>7:00pm</u> Bingo	18	19
20	21 <u>9:30am</u> Executive Meeting	22	23	24	25 <u>10:00am</u> Pepperama	26
27	28	29	30	31		

April 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <u>9:30am</u> Travel Com. Meeting <u>2:00pm</u> Travel Social	2
3	4	5 <u>9:30am</u> Special Events Com. Meeting <u>12noon</u> Wheels to Meals	6 <u>9:15am</u> Bus leaves for Stage West Dinner Theatre	7 <u>7:00pm</u> Presentation Medication & Mobility	8 <u>10:00am</u> Euchreama	9
10	11	12 <u>9:30am</u> Senior Games Com. Meeting	13	14	15	16
17	18 <u>9:30am</u> Executive Com. Meeting	19 <u>8:00am</u> Bus leaves for Windsor <u>12noon</u> Wheels to Meals	20	21 <u>7:00pm</u> Bingo	22 CLOSED	23
24 	25 CLOSED	26	27	28 <u>9:30am</u> Slo Pitch Meeting	29 <u>10:00am</u> Pepperama	30

DAILY EVENTS

Mondays

9:00 Billiards
9:00 Woodcraft
9:00 Line Dancing (Intermediate)
9:30 Pepper
10:30 Line Dancing (Beginner)
11:15 Fitness

1:00 Shuffleboard
1:00 Contract Bridge
1:30 Bowling at Mikes Lanes
7:00 Crokinole

Thursdays

9:00 Billiards
9:00 Woodcraft
9:00 Painting for Pleasure
10:00 Tai Chi

1:00 Skating at Rotary Complex
1:30 Bowling at Mikes Lanes
2:00 Cribbage

Tuesdays

9:00 Billiards
9:00 Woodcraft
9:00 Lapidary
10:00 Tai Chi
10:00 Sketching Club
1:30 Recreational Euchre
2:00 UFO Craft Club
7:00 Duplicate Bridge

Fridays

9:00 Billiards
9:00 Woodcraft
9:00 Lapidary
11:15 Fitness

1:00 Contract Bridge

Wednesdays

9:00 Billiards
9:00 Woodcraft
10:30 Painting Class
11:15 Fitness

1:00 Carpet Bowling
1:00 Contract Bridge
1:30 Solo

Saturdays

2:00pm to 4:00pm Drop In

7:00pm Euchre

FOOT CLINICS

Foot Clinics are held each Monday, with services provided by the Victorian Order of Nurses. Appointments required – call 271-4310. Cost is \$27.00.



WHEELS TO MEALS (Hot Lunch)

Join us for our Wheels to Meals Program held on the 1st and 3rd Tuesday of the Month at 12noon for a hot cooked meal consisting of soup, meat, potatoes, vegetables, salad and dessert for only \$7.50.

Sponsored by Meals on Wheels and the Stratford Lakeside Active Adults Association.

Lunch must be ordered and paid for by the Friday before. No phone registrations will be accepted.



HEALTHY LIFESTYLES SERIES: MEDICATION & MOBILITY

(Thurs. April 7th, 2011 from 7:00-9:00pm - Bea Jordan Auditorium)

Join us for a FREE presentation focusing on balance, mobility and medication issues. Speaker George Jansen, Owner of West End Pharmacy and Pharmacist with STAR Family Health Team, will give the latest information on what you can do to help self manage your medication regime, what is available to you to help you do this, and what are common risks with medication. Trudy Jonkman, Wellness Coordinator of the Active Aging Program; ONE CARE Home & Community Support Services, will then speak on the risks and ramifications of falls and how to minimize your risk of a fall. Refreshments served. All welcome.

SLO PITCH MEETING (Thurs. April 28th, 2011 at 9:30am)

A Slo Pitch meeting is being held for those who played last year and for those interested in playing this year on a SLAAA Slo Pitch team. If you know of any active adults who might be interested, please invite them too.

FREE BLOOD PRESSURE CLINIC

Second Mondays of the month 9:30-noon in the Games Room. Open to all older adults and those who are at risk for future cardiovascular disease. Promoting healthy lifestyles and providing an opportunity to be a partner in managing your health! Coordinated by Trudy Jonkman, Wellness Coordinator, Active Aging Program; ONE CARE Home & Community Support Services. Upcoming Clinics – March 14th and April 11th.

GARBAGE BAG TAGS AND SENIOR BUS PASSES

Garbage Bag Tags and Senior Bus Passes can be purchased at the Kiwanis Community Centre Office between the hours of 8:30am and 4:30pm Mondays thru Fridays only.

STRATFORD LAKESIDE ACTIVE ADULTS ASSOCIATION

The Association provides a focal point where people, 55 years of age and older, can congregate, as individuals or groups, to participate in activities and access services which provide enjoyment and encourage the concept of wellness.

The Association operates in connection with the Stratford Community Services Department. Each year, members of the SLAAA elect their Executive members. The SLAAA Executive operates the business of the Association and provides direction through a variety of Committees as follows: Advisory, Special Events, Travel and Senior Games.

FOR YOUR INFORMATION

All of the information that you require as a member of the Stratford Lakeside Active Adults Association is available inside the eastern entrance to the Kiwanis Community Centre (door closest to the parking lot). In this area, members will find the following:

Bulletin Board – Posters for upcoming special events and day trips will be hung in this area.

Brochure Racks – Bi-monthly Bulletins, Trip Flyers and other Program Flyers are displayed in the brochure racks beside the Bulletin Board.

Attendance Book – All members are asked to sign the Attendance Book, each time they use the facility.

Event's Schedule for the Day – The schedule for the day's activities is listed on the dry erase board. Please be aware that not all activities in the Kiwanis Community Centre are part of the Lakeside Active Adults Association.

For those who rely on public transit, please be advised that the City Bus has a stop directly across from the Kiwanis Community Centre.



2011 SLAAA EXECUTIVE

President

Dennis Manarey

Directors: Russ Brown

Vice President

George Masur

Stella Butson

Secretary

Sharon Walker

James Colbeck

Treasurer

Stu Baker

Steve Kropf

Shirley Pautler