



# SEPTEMBER & OCTOBER 2011 BULLETIN

## UPCOMING BUS TRIPS

Fallsview Casino (Niagara) Wednesday, September 21<sup>st</sup>, 2011  
Cirque du Soleil (Totem) Sunday, September 25<sup>th</sup>, 2011  
Fallsview Casino Overnight (Niagara) October 13 - 14, 2011  
Casino Rama (Orillia) Thursday, October 27<sup>th</sup>, 2011  
Caesars Casino (Windsor) Thursday, November 17<sup>th</sup>, 2011  
Carmen's Dinner Theatre "Kenny & Dolly Tribute" (Hamilton) Thursday, Dec. 8<sup>th</sup>, 2011



## TRAVEL FEATURES

Overnight Trip to Fallsview Casino, Niagara (Oct. 13, 14, 2011)  
\$155.00/twin. Day 1, head to Niagara on the Lake for shopping and lunch. Evening at Casino. Day 2 head to Fallsview Casino for a 5-hr stay before departing to the Rossi Glass blowing and then head home. Includes transportation, 1 night accommodation. 2 buffets at Fallsview, visit to Rossi Glass and day at Niagara on the Lake. **Deadline to register is October 3, 2011.**

Kenny & Dolly Christmas Tribute, Hamilton (Thurs. Dec. 8, 2011)  
\$85.00/person. Give yourself an early Christmas present, and celebrate the holiday season with the music and magic in the Yuletide spectacular. In addition to Christmas favourites, the show also features some of Kenny and Dolly's biggest hits. Includes transportation, lunch, show and driver's tip. **Deadline to register is October 21, 2011.**

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

Register for all trips **in advance** at the KCC, Monday thru Friday from 8:30am-12noon and 1:00-4:30pm.

## ANNUAL ALZHEIMER COFFEE BREAK (September 12<sup>th</sup> – 16<sup>th</sup>, 2011)

Show your support for the Alzheimer Society by purchasing a coffee at the Kiwanis Community Centre Office during the week of Sept. 12<sup>th</sup> – 16<sup>th</sup>. Minimum donation of .50 cents per cup.



## BAZAAR (Saturday, Oct. 22<sup>nd</sup> from 9:00am-12noon)

Once again, the Stratford Lakeside Adults Association will be holding a Fall/Christmas Bazaar. To reserve a booth, pick up a registration form at the Office.



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

# CALENDAR OF SPECIAL EVENTS

## September 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 <b>CLOSED</b>	6 <u>9:30am</u> Special Events Com. Meeting <u>12noon</u> Wheels to Meals	7	8 <u>9:30am</u> Advisory Com. Meeting	9 <u>9:30am</u> Travel Com. Meeting <u>10:00am</u> Euchreama	10
11	12	13	14 <u>9:30am</u> Senior Games Com. Meeting	15 <u>7:00pm</u> Bingo	16	17
18	19 <u>9:30am</u> Executive Com.	20 <u>12noon</u> Wheels to Meals	21 <u>10:00am</u> Bus leaves for Fallsview Casino	22	23 <u>10:00am</u> Pepperama	24
25 <u>8:45am</u> Bus leaves for Cirque du Soleil	26	27	28	29	30	

## October 2011

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

## 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

### 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

### Wednesdays

9:00 Billiards  
9:00 Woodcraft  
9:30 Washer Toss  
11:15 Fitness  
1:00 Contract Bridge  
1:00 Carpet Bowling  
1:30 Solo

### Thursdays

9:00 Billiards  
9:00 Woodcraft  
9:00 Painting for Pleasure  
10:00 Tai Chi  
1:00 Skating at Rotary Complex  
(starts Oct. 13<sup>th</sup>)  
1:30 Bowling at Mikes Lanes  
2:00 Cribbage

### Fridays

9:00 Billiards  
9:00 Woodcraft  
9:00 Lapidary  
11:15 Fitness  
1:00 Contract Bridge

### Saturdays

2:00pm to 4:00pm Drop In  
7:00pm Euchre

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## UPCOMING CLASSES, PRESENTATIONS & SEMINARS AT THE KIWANIS COMMUNITY CENTRE

### NEW PROGRAM! "The Luncheon Club: A Cooking Class"

Date: **Wednesdays, Sept. 7, 14, 21 and 28, 2011**  
Time: 11am – 1pm  
Cost: \$68.00/member or \$72.00/non-member  
Location: KCC – Kitchen

Join us to prepare, serve and enjoy a delicious, home-cooked meal. No experience necessary. Together, we will try new recipes, and an extra take home meal may be available. Bring an old friend, meet a new friend. Lead by Carol Miller; passionate cook, formerly of Miller Barn restaurant, and founder of The Quilt. **Deadline to register is Aug. 29<sup>th</sup>, 2011.**

### Computer 101

Date: **Wednesdays, Sept. 7, 14, 21, 2011**  
Time: 2–3pm  
Cost: Free. Registration required.  
Location: KCC – Games Room

Have you always wanted to learn and get more comfortable with the computer? Want to keep up with your family online? Now is your chance! Coming this fall, join us for an instructor led basics to get you started.

Sept. 7 Mousing skills & how to navigate around the computer  
Sept. 14 Introduction to the internet, and how to search for information  
Sept. 21 How to email your friends and family

There is no cost to attend these sessions but, **deadline to register is Sept. 5<sup>th</sup>, 2011**

### Sketching Club

Date: **Tuesdays, starts September 6<sup>th</sup>, 2011**  
Time: 10:00am – 11:30am  
Cost: \$45.00/member or \$50.00/non-member  
Location: KCC – F

Join us for this informal and low-key 12 week program which will introduce you to art generally, and to informal sketching in particular. Seeking continuing “sketchers” and newcomers who may have wanted to try their hand at sketching but have been intimidated for one reason or another, participants will discover what friends a basic HB pencil and a small pad of paper can be in their day-to-day-lives. Drawing “what they see, not what they think they see”, the program will eventually involve the use of India ink and brush, and then coloured pencils as sketching tools. Participants will be free to move along at their own pace.

### Washer Toss

Date: **Wednesdays, starts September 7<sup>th</sup>, 2011**  
Time: 9:30am – 11:00am  
Cost: .50 cents/day  
Location: KCC – Lawnbowling Green or KCC - Beatrice Jordan Auditorium

Join us Wednesdays for this lightweight version of horseshoes. It is easy to learn and tons of fun. Washer Toss takes place on the Lawnbowling Green. Once weather turns, Washer Toss will be played indoors in the Beatrice Jordan Auditorium.

### Blood Pressure Clinic

Date: **2<sup>nd</sup> Mondays of every month**  
Time: 9:30am – 12noon  
Cost: Free  
Location: KCC – Games Room

Open to all older adults and those who are at risk for future cardio vascular 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.

### Sing A Long

Date: **Mondays**  
Time: 1:00pm – 3:00pm  
Cost: Free  
Location: KCC – G H

Join us for an afternoon of old time songs and singing. Bring a friend for this fun and social activity. Refreshments served.

### Wii Sport: Fun and Exercise, all in one!

Date: **Tuesdays, starting Sept. 20<sup>th</sup>, 2011**  
Time: 9:30am – 10:30am  
Cost: Free  
Location: KCC – Beatrice Jordan Auditorium

Play Tennis, Baseball, Golf, and Bowling from the comfort of the Bea Jordan Auditorium. No ball boys scurrying about, no oil from the alleys to get players dirty and no rain to keep anyone from a day at the court, park or course. Join us for this fun, interactive video simulation experience providing an intuitive and realistic feel. Come try it out for free! All are welcome.

### Multimedia Painting Class

Date: **Wednesdays, October 5<sup>th</sup>, 2011 for 10 weeks**  
Time: 10:00am - 12noon  
Cost: \$45.00/member or \$50.00/non-member  
Location: KCC – G H

This class is designed to help the beginner and more advanced student to learn and discover more about their chosen medium. Everyone will be able to work in their own choices of watercolour, acrylic or oil. Participants will receive individual attention, with individual and group demos whenever needed. New members always welcome!

### “Craving Change: Eating Well”

Date **Tuesdays, October 11, 18 and 25, 2011**  
Time 1:00pm – 4:00pm  
Cost Free  
Location KCC - C&D

Join Trudy Jonkman, Wellness Coordinator from ONE CARE Home and Community Support Services, as she presents welcome tips on re-thinking the way you eat.

### Bridge Classes for Beginners

Date: **Wednesdays, October 12<sup>th</sup> – November 16<sup>th</sup>, 2011**  
Time: 1:00pm – 3:00pm  
Cost: \$45.00/member or \$50.00/non-member  
Location: KCC – G H

This class is designed for those just getting started to learn the game of Bridge. Learn simple bidding and playing of the hand.

### NEW CLASS! African Drumming with Primordial Percussion

Date: **Fridays, Oct 14, 21, and 28, 2011**  
Time: 10:00am – 11:00am  
Cost: \$30.00/member or \$35.00/non-member  
Location: KCC – Beatrice Jordan Auditorium

Come and experience the fun and benefits of group drumming. A fully interactive program which introduces simple hand drumming techniques and fun rhythms to get your whole body moving and grooving to the beat. Lead by Cliff Patton; founder and owner of Primordial Percussion. Join us for an exciting day exploring your rhythmic potential. **Deadline to register is September 30, 2011.**

### **How to contact us:**

For information on these and other Active Adult programs, visit us online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca), or “like” us on Facebook at [www.facebook.com/cityofstratford](http://www.facebook.com/cityofstratford).

### WHEELS TO MEALS (Hot Lunch)

Join others for our Wheels to Meals Program held on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the Month (excluding July and August) 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.

### 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.



### 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
Vice President	George Masur
Secretary	Sharon Walker
Treasurer	Stu Baker

Directors: Russ Brown  
Stella Butson  
James Colbeck  
Steve Kropf  
Shirley Pautler