

# West Scarborough Senior's Club

*West Scarborough Neighbourhood Community Centre  
313 Pharmacy Ave. Scarborough, Ontario M1L 3E7*



## September/October 2018 Calendar and Program Guide



### LES SERVICES EN FRANÇAIS

Si vous avez besoin de services en français, nous vous prions de faire votre demande à la reception ou appelez (416) 755-9215 poste 241.

# **WELCOME!**

West Scarborough Seniors' Club provides an active program for members 55+. We offer a warm pool, opportunities to keep fit and take part in a variety of social, recreational and health related programs. Club members are welcome to drop in for coffee, snacks and the exchange library or just to chat with friends. Our goal is to provide programs that foster community participation, personal growth and over-all health and well-being. Anyone interested in our facility is welcome to drop in for a free tour and a trial of any programs.



## **Contacting us**

West Scarborough Neighbourhood Community Centre

**416-755-9215**

Seniors Recreation Coordinator (Portia Burrell).....ext. 226  
**seniors@wsncc.org**

Seniors Services Coordinator (Leanne Doyle).....ext. 234  
**seniorsclub@wsncc.org**

Seniors Multicultural Coordinator (Michele Ponniah).....ext. 234  
**mponniah@wsncc.org**

Aquatics.....ext. 247

---

## **Fees**

**A - Activity membership.....\$60.00**

**B - Basic membership .....\$30.00**

The "A" membership entitles members to participate in all activities listed on the last page of the program schedule, (except those marked with an \*, which require an additional fee).

The "B" membership entitles participants to only some programs.

The Seniors' Club year runs from September to August, however participants are welcome to join anytime throughout the year.



### **Closures**

**September 3rd- Labour Day**  
**October 8th - Thanksgiving**

The Pool will be closed, for annual maintenance from Aug. 27th - Sept. 3rd First day of pool programming is Monday September 10th for the Seniors' Club.

### **Attendance Sheets**

All programs have a sign-in sheet for attendance. Please help us keep correct stats by ensuring you sign your name and check (✓) under the appropriate date.





# Friday Luncheon

\*Presentation: 11:00am

\*Lunch: 12:00pm

\*Special Luncheons are \$12.00

\*Location: Activity Room

## Lunch #1

### Special Thanksgiving Luncheon

**Date: October 5th**



Join us for a few hours of Thanksgiving celebration with the Senior's Club. Festivities will include a wonderful seasonal meal and great entertainment. Be prepared to have a great time.

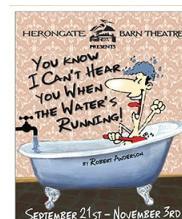
\*\*\*\*\*

## Herongate Barn Dinner Theatre

**Date: Friday September 21, 2018**

**Time: 5:00 pm – 11:00 pm**

**Cost: \$75 (Dinner included)**



Come and join the West Scarborough Senior's Club for a fun evening at Herongate Barn Dinner Theatre. You will enjoy a hardy delicious home cooked meal and loads of laughter with "You Know I Can't Hear When The Water Is Running". After the show, cheese and wine will be served. This has promised to be an exciting evening that you don't want to miss.

**Tickets on sale in Senior's Club office**

\*\*\*\*\*

## MOVIE

**Date: Thursday September 27th**

**(Movie Day is every last Thursday of the month)**

**Time: 9:00am - 11:30am**

**Cost: \$1.00**



September movie to be announced at a later date, please keep checking the bulletin boards for details.

# Fitness Programs

## New Exercise Program



**Body Strengthening:** This total body workout is a great way for older adults to get started with strength training. The exercises focus on building total body strength with an emphasis on improving balance, stability, and flexibility.

**This new program is replacing Zumba Gold on Tuesdays.**

Starts Tuesday September 11th at 2:00pm - 3:00pm

### Yoga

*(Chair Yoga)*

*(Mat Yoga)*



**Cost: \$12.00/8 classes**

**Session 1: TUESDAYS**

Starts: Sept. 11th - Oct. 30th

Time: 11:00 - 12:00pm

**Cost: \$12.00/8 classes**

**Session 2: THURSDAYS**

Starts: Sept. 13th - Nov. 1st

Time: 2:45 - 3:45pm

*(Tuesday & Thursday sessions each require a separate registration)*

### Meditation



#### Thursdays

**Sept. 13th – Nov. 1st**

**11:15am - 12:00pm**

**Location: Playcare Room (Upstairs)**

**Cost: \$12 (8 weeks session)**

If anyone is interested in this program, you are welcome to try 1 class for free.

### **Do You Like to Play Cards?**

Our Senior's Club has day and evening card games for you to enjoy including Bid Euchre, Euchre, Cribbage and Bridge. See the Fall Schedule located on the back dates and



page for times.



Join us for **Carpet Bowling** Mondays and Thursdays. Whether you have carpet bowled before or you are interested in trying a new activity, this program will increase your fitness level as well as allow you to socialize with friends.

# Social Activities

## Registration & Mingle

Wednesday September 5, 2018  
12:00pm - 2:30pm



Let us start off our new calendar year with fun and excitement. Please join us for an afternoon of light refreshments while you mix and mingle with old friends and new ones too. You will have the opportunity to renew memberships, sign up for trips and lunches. Please invite your friends and family so we can share with them the many wonderful programs and activities our club offers!

## Alzheimer Coffee Break

Almost all of us know someone who has been affected by Alzheimers or Dementia. Here is your chance to give back. We will hold a bake sale and all money raised will go to the Alzheimer's Society of Canada. Now that's something to feel good about!

**Date:** Thursday September 20, 2018

**Time:** 9:30am—2:00pm

We need volunteers to help on the day and bakers to make the baked goods.



## Carpet Bowling Tournament

On **Thursday October 11th**, the seniors will be having their

Carpet Bowling Tournament.

The cost is \$10 for bowling, refreshments, lunch and prizes.

Sign up on Senior's board, and pay the convener of the day.

This is sure to be a day of fun and friendly competition!



## Bazaar



We are looking for donations and volunteers for our biggest annual fundraiser of the year! There will be booths with various items, white elephant, tea room, lunch, and more! All funds raised go to the Senior's Club.

**We will start taking donations on  
Monday October 1st**

**Date: Saturday October 27th**

# Trips

## 1000 Colonial Island - Resort & Spa

Enjoy a scenic adventure like you've never seen with a 5 day 4 night stay cruising the Colonial islands.  
**September 10-14, 2018.**

## Niagara On The Lake

Join us for our annual over night adventure to the *Prince of Wales Hotel*, Niagara On The Lake where we will enjoy *A Christmas Carol* production at the *Royal George Theatre*.

**Date: November 21 & 22, 2018**



## Port Colbourne Tour

Enjoy a tour of Port Colborne: **1st Stop: Farmer's Market;** Fresh fruits, vegetables, meats, dairy & much more. **2nd Stop: Canalside Restaurant;** A casual dining experience enjoying lunch on the lake. **3rd Stop: Showboat Theatre;** Educating Rita - A stage comedy by British playwright Willy Russell illustrating the relationship between a student and her teacher and the life lessons they teach each other.  
**Date: October 4th.**





# Programs

## New Service Provider for Shopping Program

Starting in September, West Scarborough Seniors' Club will no longer be providing the Wednesday and Thursday Shopping service.

The Shopping program will be operated by Better Living Health and Community Services who offers a variety of transportation services.

If you are interested in the shopping program with Better Living or require any other transportation services please contact their transportation office at 416-447-7244 ext. 728

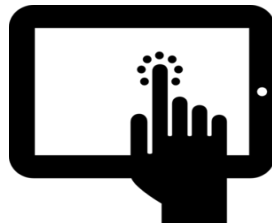
## IPad 101

**Mondays**

12:00pm-1:00pm

**Starting:** Sept 10th

**Fee:** \$4 for 3 weeks



## Computers 101

**Mondays**

1:00-2:00, 2:00-3:00

**Starting:** Sept 10th

**Fee:** \$4 for 3 weeks

**Class size:** 2



## ART

**Instructor:** Louise Cass

**Cost:** \$30.00/10 classes

**Time:** Fridays, 12:45 - 2:45

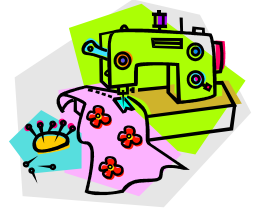
**Starting:** Friday September 14th



Here is a chance to take up a new hobby or restart something that you haven't had time for in the past few years. Register in the Senior's Club Office.

## CRAFTS

**Show off your creativity and join our craft group! The group meets every Friday from 10:00 - 12:00pm in the South Lounge.**



## 5 Pin Bowling

Did you know we have 5 pin bowling every Tuesday at Parkway Bowl? If you are interested in joining this fun program let the Senior's staff know.

**Cost:** \$8.35+ \$2.00 for shoes rental

**Time:** Every Monday,  
1:00pm - 3:00pm

**Location:** Parkway Bowl  
(Downstairs in the mall)  
85 Ellesmere Rd.  
Scarborough ON  
M1R 4B9

# Information

## Introducing the 2018/2019 Advisory Committee

### *Executive*

**President:** Pam Lockett

**Vice President:** Gloria Dafoe

**Treasurer:** Hollamon Rodgers, Eleanor Collins,  
Charlie Hendrick

**Past President:** Toby Parsons

**Secretary:** Cathy McGuire

### *Chairpersons*

**Attendance:** Anne Hendrick

**Badminton:** Bill Karvonen

**Bid Euchre:** Betty Stevenson, Frank Collins

**Board Rep:** Rosemary Edwards

**Bridge:** Toby Parsons

**Carpet Bowling:** Betty Rice, Shirley Willard  
Vicky Stevenson

**Five Pin Bowling:** Pam Alexander

**Choir:** Pam Alexander

**Coffee:** Charlie Hendrick

**Crafts:** Shirley Willard

**Cribbage:** Dave Scheffel, Dorothy Bricknell

**Euchre:**

**Fundraising:** Joan Lefebvre, Joan McGregor

**Get Well:** Denyse Cowan, Dorothy Hockaday

**Members at Large:** Carol Barton, Wendy McNally,  
Yvonne Tait, Joan Douglas, Heather Macvior,  
Joan Lefebvre,



All past and present Advisory members, you are invited to our annual Incoming/Outgoing meeting of the Senior's Club Advisory Committee! Tuesday Sept. 11th, 9:30am. Lunch to follow the meeting.

## Membership Renewal

Please be reminded that our new program year starts September and you are welcome to stop by the seniors office anytime between 9am - 5pm Monday to Friday to renew your membership. Out of fairness to others we ask that you renew your membership as soon as possible.

## Phone Notification

Please note that building closures, pool closures, classes and program cancellations, will now be listed on WSNCC main phone system.

To get information on closure and class cancellations dial the main number at 416- 755-9215 and follow the instructions.

After dialing the main number, press "2" to hear closure and cancellation options. #1 is for building closures, #2 is for pool closures and #3 is for senior classes cancellations.

Staff will only call participants in registered programs to inform them of cancellations. We recommend that you check the system for closures and cancellations before coming to the Centre.



## Thank You

We would like to express our gratitude to all the participants who did the 5K Toronto Challenge Walk and to everyone who made pledges.

With your hard work and donations we raised \$2112.85. We appreciate you and value your time.