

A PUBLICATION OF THE MISSISSAUGA SENIORS' CENTRE

MISSISSAUGA SENIORS' NEWS

1389 CAWTHRA ROAD
MISSISSAUGA, ONTARIO L5G 4L1
905-615-4810

APRIL/MAY/JUNE 2010



INSIDE THIS ISSUE:

REGISTERED PROGRAMS

ACTIVITY/CLUB NEWS

FOR YOUR INFORMATION

SPECIAL EVENTS

DAY TRIPS

CALENDARS



Check out our website at www.mississauga.ca/seniors

City Of Mississauga Recreation and Parks Staff

Call 905-615-4810, then dial staff extension

Wendy Murdock	Manager, Older Adult Services	ext. 2653
Sara Paradis	Supervisor, Active Living	ext. 2654
Ron Goldthorpe	Facility Operator	ext. 2659
Amanda Cuddy	Administrative Coordinator	ext. 2652
Marie Gibson	Customer Service (PT)	ext. 2655
Peter Konoplicky	Operations (PT)	ext. 2655
Maria Melo	Operations (PT)	ext. 2655
Mike Pocock	Operations (PT)	ext. 2655

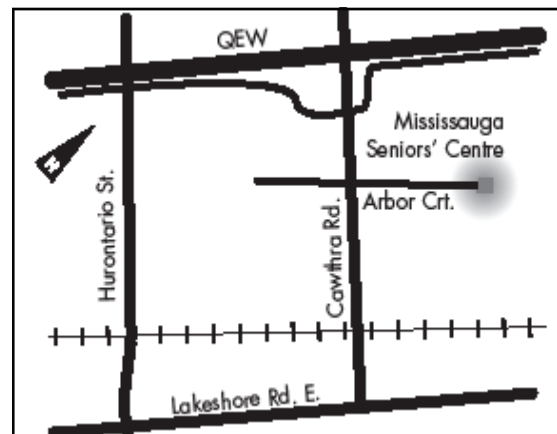
Hours of Operation

Centre Hours

Monday 8:00am-10:00pm
 Tuesday 8:00am-10:00pm
 Wednesday 8:00am-10:00pm
 Thursday 8:00am-10:00pm
 Friday 8:00am-10:00pm
 Saturday 8:00am-12:00pm
 Sunday 1:00pm-5:00pm

Office Hours

Monday 9:00am-3:30pm
 Tuesday 9:00am-3:30pm
 Wednesday 9:00am-3:30pm
 Thursday 9:00am-3:30pm
 Friday 9:00am-2:00pm
 Saturday CLOSED
 Sunday CLOSED



THANK YOU

To Connie Tipping, a member of our Art Club,
 for the artwork on the front cover.

Keeping your mind fit and your body trim... In 2010!

Wishing each of you new & fulfilling experiences through the many programs, activities, friends & laughter at the Centre!

The Mississauga Seniors' Centre is the place to be where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth and life enhancement. Let the doors open to a variety of experiences and friendships! Effective April 1, 2010 an annual resident membership costs \$23.55 (plus applicable taxes), non-residents add \$5.00 (plus applicable taxes).

Your membership to the Mississauga Seniors' Centre includes the following wonderful perks:

- Register in fabulous programs & join in on the fun of the many activities at the Centre!
- Participate in day trips
- Attend special events—luncheons, parties, dances, guest speakers and more!
- Have a voice at the Annual General Meeting
- Keep updated on information items such as local initiatives, health care, community support, social services
- Meet new friends
- Free candy at our customer service desk
- Receive the informative newsletter
- Discover a new hobby/skill/talent
- Become involved in meaningful volunteer opportunities
- Meet even more nice people
- Always be greeted with a smile

Program registration information, policies and more is available or if you require further information about anything regarding the Centre, pop by and speak to any of our friendly office team or call 905-615-4810.

Registration Guidelines and Good Things to Know

If you attend registered programs, read on.....

Good things to know:

- If a registered program is full, drop-ins are not permitted.
- Program registration is on a first come first serve basis. We cannot increase our maximum capacity.
- If you are registered in a program and cannot attend, you must call or visit the office to see what we can do to withdraw you from the course. The City of Mississauga does not allow withdrawals from registered programs **AFTER** the 2nd class. A \$10 administration fee applies and the course would be pro-rated and left as a credit on your City account.
- Medical notes are accepted for withdrawals.
- If your class is cancelled due to weather, room conflicts or instructor illness, you will receive a class credit or a class will be added onto the end of the session.

Our fees are PRE-TAX.

Please be advised that all advertised fees are pre-tax. At the point of sale, all applicable taxes will be added.

Beat the HST!

Until April 30, 2010 you can register and pay only GST on the advertised fee. As of May 1, 2010 HST will apply.

If you have any questions regarding any of the above, please feel free to speak to one of the office staff.



OOPS! Did we cancel the program(s) you wanted to register for? Be sure to register early because programs will be cancelled one week before the start date if not enough participants are registered. Please register early—don't be disappointed.

Did you know?

Registration for **Spring & Summer** programs began on February 20. It's not too late to register though, but don't delay, register today before classes are all full!

Note: Drop ins are only accepted if program registration is not at capacity. Some programs that are progressive in learning do not accept drop ins.

There are many service options to register for City of Mississauga programs including:


- Online registration at www.mississauga.ca/connect2rec
- TTR (Touch Tone Registration) at 905-615-4000
- Drop Box at any Community Centre (including the Seniors' Centre)
- In Person at any Community Centre (including the Seniors' Centre)



For detailed information regarding the above, please see page 10 of the Spring & Summer 2010 issue of *Active Mississauga* available at all City of Mississauga Community Centres (including the Mississauga Seniors' Centre). Please note: **In August 2009 the City of Mississauga discontinued door-to-door delivery of the Active Mississauga Guide.** Copies are available at your local community centre, library or visit www.mississauga.ca/connect2rec

Please note: Your Mississauga Seniors' Centre Membership must be up-to-date to register for Spring and Summer programs. Look on the back of your membership card for the expiry date.

ANNOUNCING...

Weeknight and Weekend Programs at the Centre. Check our program listing for  classes being offered on some evenings and Saturday mornings.

Drop in will be permitted if space is available.

Call ahead for more information.



Computer Course Content

Beginners

turning on and off the computer	homepages and desktops	shortcuts and icons
4 basic computer components	task bars	start menu
recycle bin	adding/changing wallpapers	changing date & time
adding/changing screen savers	maximize and minimize	internet address bar
scrolling	mouse clicking and use	

Microsoft Word

creating/naming/saving documents	entering text	the word screen
toolbars	formatting and editing	highlighting
spell check	copy and pasting	saving and opening files
creating and saving folders	word art	clip art
undo/redo	deleting and arrow keys	keyboard
cursors	scrolling	

Email for Older Adults

outlook express and Yahoo	composing/sending emails	spell checking and formatting
working with attachments	opening/reading emails	replying and forwarding
address book	to/cc/bcc emails	scrolling
blocking email addresses	spam	avoiding viruses

Internet Level 1

browsers	toolbar buttons	links
web warnings/advertisements	search engines	scrolling
favourites	minimize/maximize	address bar and searches
desktops and homepages	image search	google text and images

Internet Level 2

directories	search engines	web addresses and URL's
touring on-line	creating favourites folders	maps
planning trips	CD/DVD	memory sticks
hard drives	changing the date and time	locking the taskbar
quick launch bar	using more than one window	

Picasa is a software application for anyone using a digital camera. This class will cover photo correction, photo albums, viewing and organizing your photos. Please bring your digital camera & cords with you to the 1st class.

E-Bay

This course gets you started on buying & selling on E-Bay. Use this on-line market place to sell unwanted items, to fill those gaps in your collection or to get an idea of what your 'treasures' are worth. The course also introduces you to "Paypal"- a convenient and safe way to handle the financial side of your transactions.

PowerPoint

Learn how to convert your photographs into slide shows which you can view on your computer, TV, or home theatre. Background music and/or narration can be added as required. During the course, you will create a short presentation from digital photographs- bring your own on a disc or USB memory stick. Regular prints and slides can also be used to make a presentation but they have to be scanned into the computer first. Scanning processes will be discussed during the course.

Spring Programs – Computers

For computer course content, see previous page.

- ✓ Each course is 2 hours per week for 2 consecutive weeks
- ✓ Maximum 6 people per class
- ✓ Registration is on a first come, first served basis
- ✓ Participants must be a member of the Mississauga Seniors' Centre

Please note:
These programs are
not suitable for
MAC computer users.

Computers – Beginners for Older Adults \$39.20* for 2 weeks Instructor: Eric Gibson	Code #: 475656	Wed	1pm – 3pm	May 5 & May 12
Computers – E-Bay \$39.20* for 2 weeks Instructor: Eric Gibson	Code #: 494883	Tue	1pm – 3pm	Apr 20 & Apr 27
Computers – Email for Older Adults \$39.20* for 2 weeks Instructor: Eric Gibson	Code #: 475657	Tue	10am – 12pm	Apr 20 & Apr 27
Computers – Internet Level 1 for Older Adults \$39.20* for 2 weeks Instructor: Eric Gibson	Code #: 495179	Wed	10am – 12pm	Apr 21 & Apr 28
Computers – Picasa for Older Adults \$39.20* for 2 weeks Instructor: Eric Gibson	Code #: 475659	Fri	1pm – 3pm	Apr 30 & May 7
Computers – PowerPoint for Older Adults \$39.20* for 2 weeks Instructor: Eric Gibson	Code #: 494903	Wed	10am – 12pm	May 5 & May 12
Computers – WORD for Older Adults \$39.20* for 2 weeks Instructor: Eric Gibson	Code #: 475660	Wed	1pm – 3pm	Apr 21 & Apr 28

*Non-residents must include an additional \$5.00 fee (plus applicable taxes) per person, per program. Non-resident registrations will be processed 10 days after the start of registrations.

**Please be advised that all advertised fees are pre-tax.
At the point of sale, all applicable taxes will be added.**

CONNECT2REC TUTORIALS

On February 16, 18 & 19 we opened our Computer Lab doors for our members to learn how to register for Spring and Summer programs online. We had a handful of people attend the tutorials. In turn some of them registered themselves at www.mississauga.ca/connect2rec when registration opened up on February 20. We will be offering more tutorials this summer so that members can register online for Fall and Winter programs. We hope you will join us! Watch the “At a Glance” calendars for details.



Registered Programs

Summer Programs – Fitness/Active Living

Monday Jul 5-Aug 30	Full Functional Workout \$25.92* for 8 weeks Instructor: Maryanne Collins (July) Instructor: TBA (August)	Code #: 475704 9:15am – 10:15am
Monday Jul 5-Aug 30	Forever Fit – Ladies \$25.92* for 8 weeks Instructor: Dale Morin	Code #: 475700 9:30am – 10:30am
Monday Jul 5-Aug 30	Fit Fellows \$25.92* for 8 weeks Instructor: Dale Morin	Code #: 475696 10:30am – 11:30am
Monday Jul 5-Aug 30	OsteoFIT \$25.92* for 8 weeks Instructor: TBA	Code #: 475718 10:30am – 11:30am
Tuesday Jul 6-Aug 3	Keep Fit for Bones – Level 2 \$16.20* for 5 weeks Instructor: Maryanne Collins	Code #: 475710 9:30am – 10:30am
Tuesday Aug 10-Sep 7	Keep Fit for Bones – Level 2 \$16.20* for 5 weeks Instructor: TBA	Code #: 475711 9:30am – 10:30am
Tuesday Jul 6-Sep 7	Yoga \$39.20* for 12 weeks Instructor: Susan Clendining	Code #: 475725 9:30am – 11:00am
Tuesday Jul 6-Aug 3	Keep Fit for Bones – Level 1 \$16.20* for 5 weeks Instructor: Maryanne Collins	Code #: 475706 10:45am – 11:45am
Tuesday Aug 10-Sep 7	Keep Fit for Bones – Level 1 \$16.20* for 5 weeks Instructor: TBA	Code #: 475707 10:45am – 11:45am
Wednesday Jul 7-Sep 8	OsteoFIT \$32.40* for 10 weeks Instructor: TBA	Code #: 475717 9:15am – 10:15am
Wednesday Jul 7-Sep 8	Tai Chi Qigong – Level 1 \$32.40* for 10 weeks Instructor: Peter Chan	Code #: 475722 10:30am – 11:30am
Thursday Jul 8-Aug 5	Keep Fit for Bones – Level 2 \$16.20* for 5 weeks Instructor: Maryanne Collins	Code #: 475712 9:30am – 10:30am
Thursday Aug 12-Sep 9	Keep Fit for Bones – Level 2 \$16.20* for 5 weeks Instructor: TBA	Code #: 475713 9:30am – 10:30am

*Non-residents must include an additional \$5.00 fee (plus applicable taxes) per person, per program. Non-resident registrations will be processed 10 days after the start of registrations.

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At the point of sale, all applicable taxes will be added.**

Summer Programs – Fitness/Active Living

Thursday Jul 8-Sep 10	Yoga \$39.20* for 10 weeks Instructor: Susan Clendining	Code #: 494846 10:00am – 11:30am
Thursday Jul 8-Aug 5	Keep Fit for Bones – Level 1 \$16.20* for 5 weeks Instructor: Maryanne Collins	Code #: 475708 10:45am – 11:45am
Thursday Aug 12-Sep 9	Keep Fit for Bones – Level 1 \$16.20* for 5 weeks Instructor: TBA	Code #: 475709 10:45am – 11:45am
Friday Jul 9-Sep 10	Forever Fit – Ladies \$32.40* for 10 weeks Instructor: Devon Taylor	Code #: 475701 9:30am – 10:30am
Friday Jul 9-Sep 10	Fit Fellows \$32.40* for 10 weeks Instructor: Devon Taylor	Code #: 475698 10:30am – 11:30am

*Non-residents must include an additional \$5.00 fee (plus applicable taxes) per person, per program. Non-resident registrations will be processed 10 days after the start of registrations.

**Please be advised that all advertised fees are pre-tax.
At the point of sale, all applicable taxes will be added.**

Cake Decorating at the Centre

Wednesdays, 1:00pm-3:00pm (Apr 21 – May 19)

\$25.92 plus tax* for 5 weeks

Code #475655

Cakes are always a part of our lives whether it be a birthday, an anniversary, a wedding or other type of celebration. Learn how to make basic flowers, easy borders, professional piping and icing techniques using decorating bags and decorative tips. Everyone will produce a professionally frosted and decorated cake. No experience necessary.



Activities being offered at the Centre

*There is a nominal fee to participate in any of the following activities.
Please speak to the Activity Leader for more details.*

500 CARDS — JAMES BODIMEAD

Plays Fridays at 1:00pm. For more information contact James Bodimead at 905-275-8128.

5 PIN BOWLING — BUD MURCHIE

Would you like to bowl? Come and join us— Lots of Fun!

Meet new friends, everyone is welcome.

Location: Bowlerama, Dundas & Kipling

When: Monday afternoon—1:00 pm—3:45 pm

Started bowling: Monday, September 14, 2009

For more information, please contact:

Muriel Peck, Secretary: 905-278-8575

Bud Murchie, President: 905-625-5622

ART CLUB — MARIELLE GRIFFITHS

Meets Thursdays at 9:30am, Fridays at 9:30am, and Saturdays at 9:00am. We have great artists teaching our classes making our learning experience most interesting and they will do so until June.

We have use of the studio room every Saturday morning from 9am until 12pm sharing our art. Please take a stroll down the Hallway Gallery to enjoy our work. For club information contact Marielle Griffiths at 905-275-0860.

*QUOTE: The mind is like a parachute — no use unless it is open.
Leslie Norman.*

Attention: Activity Leaders

Check your mail slot for information about submitting monthly Target Fund. Thank you for helping us “go green”!



BADMINTON — SHASHI PARAB

Plays Mondays at 12:30pm, Thursdays at 12:30pm and Saturdays at 9:00am. For more information and registration contact Shashi Parab at 416-614-2092 or Martin Lovett at 905-916-1050.

BIAS CARPET BOWLING — ED WIGLEY & DAVE SPARKES

This sport has really caught on; we now have an average turnout of 20 bowlers. Come give it a try, our members will gladly show you how to play this sport. Bias Bowling is similar to lawn bowling but on a smaller scale. Like lawn bowling it is “open bowling”, no set teams, there is a new draw for teams each week. We meet every Wednesday; bowling starts at 1pm, registration at 12:45pm, so come along, join us in the Olga Tyne Room. Social get together after bowling. For more information contact Ed Wigley at 905-276-4915 or Dave Sparkes at 905-625-1248.

BID EUCHRE — GERTRUDE FINN

Plays Sundays from 1:00pm-4:00pm. Join us for a great afternoon of cards. New members are most welcome. Refreshments are served. For more information contact Gertrude Finn at 905-274-4261.

BILLARDS — CEC HENDERSON

Plays Monday to Friday 8:30am—4:30pm, Saturdays 9am—12pm and Sundays 1pm—5pm. For more information contact Cec at 905-823-0907.

BINGO — CAM WOOLEGGE

Plays Fridays at 1:00pm. For more information contact Cam Woledge at 905-274-3831.

BRIDGE — DUPLICATE — DOREEN BYNOE

Plays Mondays at 12:15pm. For more information contact Doreen Bynoe 905-848-2520.

BRIDGE — PROGRESSIVE — DOUG BOLD

Plays Mondays at 12:30pm, Tuesdays at 12:30pm and Fridays at 12:30pm. For more information contact Doug Bold at 905-625-0290.

CAMERA CLUB & DIGITAL IMAGING

These two groups have now combined and each meets once a month in the Lucy Turnbull Auditorium at 1:30pm. Refreshments are available and new members and visitors are always welcome.

Camera Club

The Camera Club meets on the second Thursday of each month for a slide, video or PowerPoint presentation.

Digital Imaging Group

This group meets on the fourth Thursday of each month to learn about taking and working with digital photographs. Members may use the group's computer which is equipped with several relevant programmes and a scanner. Help can be provided to anyone needing help with their digital camera.

Contacts:

Rose Gilchrist	905-274-2123	rose@dyplex.com
Eric or Marian Gibson	905-274-0927	onaway@pathcom.com
Rudy Skarecky	905-270-5744	rskarecky@sympatico.ca

CERAMIC GLAZERS — MARGARET SALTER

Meets Tuesdays at 12:15pm. For more information contact Margaret Salter at 905-278-3198.

CHINESE OPERA GROUP—STANLEY TANG

Meets Thursdays at 12:30 pm. For more information contact Stanley Tang at 905-275-1540.

COMPUTER CLUB — PAUL LONGWELL

Meets the third Thursday of each month at 1:30pm. For more information contact Paul Longwell at 905-271-5792.

CRIBBAGE — MARION HUDSON

Plays Tuesdays at 1:00pm. For more information contact Marion Hudson at 905-271-7639.

EUCHRE — BETTY & PATTY PATOFF

Plays Wednesdays at 1:00pm. For more information call Betty or Patty Patoff at 905-625-0295.

FRIDAY NIGHT EUCHRE — BARB & RAY MCFARLANE

Plays Fridays at 7:30pm. For more information contact Barb or Ray McFarlane at 905-625-1957.

GOLF — CAWTHRA SENIORS GOLF CLUB — LLOYD PORTER

Cawthra Seniors Golf Club will hold its annual registration and information meeting at the Mississauga Seniors' Centre on Thursday, April 8 starting at 1:00 pm. We are a play- for-fun group and offer 9 & 18 hole games throughout the golf season. All male and female seniors (55 and up) interested in playing golf are encouraged to attend. Membership dues are \$35.00 for residents and \$40.00 for non residents which includes a season ending banquet at BraeBen Golf Club. For those who cannot attend, membership applications are available at the Seniors' Centre office or from Lloyd Porter 905-896-1236 or email lloyd.r.porter@gmail.com.

HORSESHOES — STAN GALKA

Plays Tuesdays and Fridays at 1:00pm weather permitting. For more information contact Stan Galka at 905-278-2878.

INVESTMENT GROUP — RON KAWCHUK

Meets the first Thursday of each month at 1:30pm. For more information contact Ron Kawchuk at 905-916-6417.

LITERARY LOONIES — JOAN HALDANE

Meets the first Friday of each month at 1:00pm. For more information contact Joan Haldane at 905-277-3495.

MAH JONGG — JEAN KONDRAK

Plays Wednesdays at 9:30am. For more information contact Jean Kondrak at 905-278-8348.

MISSISSAUGA SWING BAND — RON SCHRIBER

Meets Tuesdays at 12:30pm and Fridays at 12:30pm. For more information contact Ron Schriber at 416-924-0017.

MONDAY SOCIAL DANCE

Meets Mondays from 10:00am-12:00pm throughout the year. For more information contact the Office at 905-615-4810.

PICKLEBALL— ALAN ROUSE

Plays Fridays from 2:30pm to 4:15pm. For more information contact Alan Rouse at 905-822-3184.

PORT CREDIT LAWN BOWLING CLUB — JEAN BRADY

1375 Cawthra Road, behind the Mississauga Seniors' Centre. Our Mentoring Program will begin in June 2010. This is to give new members experience and practice on the greens. We look forward to seeing some new members this year. Come to our Open House to see our facilities. We have ladies' only, men's only and mixed bowling, something for everyone. For more information call Jean at 905-823-7660.

SCRABBLE — JACQUELINE AGASILD

Plays Wednesdays at 10:00am. For more information contact Jackie Agasild at 905-277-1219.

SENIOR SKATERS — DOUG & BETTY MARSH

For information contact Doug or Betty Marsh at 905-277-3287.

SHUFFLEBOARD COMMITTEE — BOB MATTHEWS

Plays on Thursdays at 9:00am (practice starts at 8:15am). For more information contact Bob Matthews at 416-255-4877 or Shirley Rowett at 905-278-0291.

STITCH & CHAT— THELMA LOWE

Meets Mondays at 12:30pm. For more information contact Thelma Lowe at 905-275-5817.

SUNDAY DANCE — ADAM STEVENSON

Meets Sundays at 1:30pm.

The Sunday dance times are 1:30pm—4:00pm. We do line, round and ballroom dancing with a tea and coffee break. Bring your own snack and \$1.50 (members), \$2.00 (non members). For more information contact Adam Stevenson at 905-848-0407.

TABLE TENNIS -JOE CORDINA, ARCHIE LEYBOURNE & ELIZABETH LUTERS

Plays Tuesdays at 6:30pm and Sundays at 1:00pm. For more information contact Joe Cordina at 905-272-4270, Archie Leybourne at 905-624-2773 or Elizabeth Luters at 416-233-6319.

TAI CHI ALUMNI — BARBARA POPE

Meets Tuesdays at 7:30pm. For more information contact Barbara Pope 905-274-9711.

THE ENTERTAINERS — KEN MORRIS

Meets Tuesdays at 10:00am and Thursdays at 11:00am. For more information contact Ken Morris at 905-276-9483.

THE PLAYMATES — KELVIN ASSOY

Meetings every Tuesday morning at 10am. For more information contact Kelvin Assoy at 905-858-3062.

WALKING CLUB — CAROL MCLARNON

Meets Tuesdays at 9:00am and Thursdays at 9:00am at Cawthra Community Centre Walking Track. We walk indoors in a climate controlled environment. This costs \$1.00. We welcome new participants in the club. Hope you are enjoying your time on the track. It's great to see you joining us (the original existing ones), we certainly welcome new faces. After walking we go over to the Mississauga Seniors' Centre café for coffee and socializing. Come out and join everyone. For more information contact Carol McLarnon at 905-274-6924.

WHIST — EILEEN CLUER

Plays Mondays at 1:00pm. For more information contact Eileen Cluer at 905-278-4470.

WRITERS & POETS — JEAN CASEY

Meets first and third Wednesday at 1:00pm. For more information contact Jean Casey at 905-823-0315.



***Attention: Activity Leaders
Remember to check your mail slots for
announcements. Thank you for
helping us communicate important
messages to our members!***

Looking for a Business or Service? Here is a list of Advertisers in this Issue:

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Oral Hygiene Services
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Revera – Beechwood Court, Beechwood Place, King Gardens
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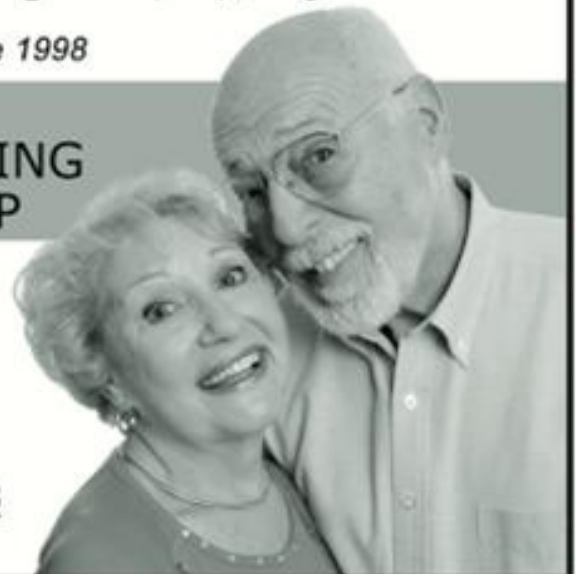
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905.624.5027 1044 Eglinton Ave E. Mississauga

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SENIOR VOLUNTEERS NEEDED

The Human Communication Lab is looking for Senior Volunteers to participate in research on how aging effects human communication, including hearing, vision, language and memory.

A small honorarium will be paid for time.

If interested, please contact our Research Recruitment Office at 905-828-5447.

Further information can be found on our website www.utm.utoronto.ca/seniors

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Dates to Remember

A Taste of Amica ~ June 17th, 2010

Amica at the Park ~ June 24th, 2010

Please call for more information.

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Mississauga, ON L5M 5W5
905.816.9163

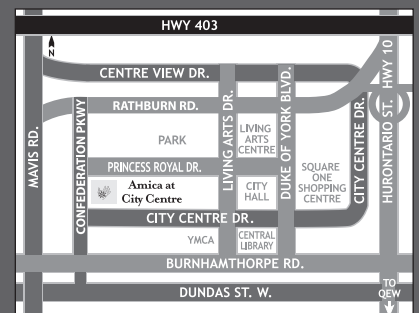
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3051 Constitution Blvd

King Gardens
905-566-4545
85 King St E

Kingsway
416-236-7575
4251 Dundas St W

24-hour information
1-877-929-9222

Meals on Wheels - We Deliver



The Canadian Red Cross Meals on Wheels program delivers affordable, nutritious and delicious meals to members of the community who are unable to prepare their own food. Our program helps people continue living independently while maintaining a healthy diet. Specialized meals are available for those with certain dietary restrictions.

For more information, call the Mississauga branch at
(905) 820-4026

Monday to Friday 8:30 a.m. to 4:30 p.m.



Canadian Red Cross
Community Health Services

Croix-Rouge canadienne
Services de santé communautaires

www.redcross.ca

Virginia's World Was Shrinking

Now she has so much to look forward to



Heritage Glen Community For Seniors

Located in Meadowvale offers large 1 and 2 bedroom apartments for seniors who would like to maintain an active and independent lifestyle with services and programs to choose from.

Come see what true independent retirement living is all about!

Enjoy a complimentary lunch in our amazing café. Call Kerri today for details.



HERITAGE GLEN COMMUNITY FOR SENIORS

6515 Glen Erin Dr., Mississauga
905-567-6015



Regency Retirement Residence

The Credit River is just minutes from the Regency Retirement Residence at Lakeshore Road West and Mississauga Road North. Choose from a host of services and activities, and let our trained staff take care of the rest.

Grand Bingo Luncheon

Every 3rd Thursday of the month at 12noon
Enjoy a complimentary lunch with bingo to follow at 1:30pm. Fantastic prizes. Delicious refreshments. RSVP with Sara today.



REGENCY RETIREMENT RESIDENCE

29 Mississauga Rd. North, Mississauga
905-891-2422



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Let us help you clean your home with products that reduce your exposure to harmful household chemicals. Call us today for a free in home estimate.

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**Closing the Gap Healthcare Group and Greenly Clean™,
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**2085 Hurontario St, Suite 103
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Bayshore Home Health has been enhancing the quality of life, dignity and independence of Canadians in their homes since 1966. Canadian owned and operated, we are the country's largest provider of home and community health care services, with more than 40 locations and 6,000 employees.

2010 JULY/AUGUST/SEPTEMBER NEWSLETTER SUBMISSION

Deadline for submission is April 19, 2010.

Please note: If no submission is received the only information that will be published is Activity Name, Activity Leader, Activity Leader Phone Number (if authorized to print) and Date & Time of activity.



A Blood Donor Clinic
is being held on:
Tuesday, May 25, 2010
in the Olga Tyne Auditorium
4:00pm – 8:00 pm
To book an appointment call
1-888-2-DONATE.

GARDEN CAFÉ

The Garden Café is the heart of the Mississauga Seniors' Centre where good food & good friends gather. The Café is operated by a wonderful group of men & women who volunteer their time. If you have a few hours to spare once a week or every other week, the Garden Café would be happy to have you join the team! Call 905-615-4810 x2654 to get more information.

Soups, sandwiches, specials, desserts, beverages & more

Café is open Monday to Friday 9:00am to 1:00pm

Please note: Café will be closed June 21-September 6, and will re-open on Tuesday, September 7.

Coffee and tea will be available throughout the summer
for 60¢ per cup on the "HONOUR SYSTEM".

Café Volunteers Luncheon is on Tuesday, June 22.

See your Team Leader for details.

ACTIVITY LEADER MAIL SLOTS & ANNOUNCEMENTS

In your mail slot you will find a green laminated (reusable) sheet with this symbol on it:



Whenever you see this sheet, there will be information attached to it in the form of a memo or flyer. *We need your help to keep our members informed on various topics within the centre.* Prior to your activity, please be sure to check your mail slot for this sheet so that you can make announcements before beginning your activity. Afterwards, please drop off the laminated sheet in the basket in the coat room so that we can reuse the announcement sheet. Thank you for your cooperation!

“AT A GLANCE” CALENDARS



Have you seen the BIG, BOLD & BEAUTIFUL “At a Glance” Calendars posted in the hallway?!!

Ever wonder about upcoming Special Events, Day Trips, and Special Announcements? Be sure to look at the big calendars in the hallway just past the computer lab...you'll be glad you did!

ITALO-CANNADIAN BINGO CLUB

Come and join us at the Mississauga Seniors' Centre and have a great time playing BINGO every Tuesday night from 7:00pm-10:00pm. **Bingo called in both English and Italian.** For more information please call Nancy at 905-232-5381 or Margherita at 905-277-8971.



LOST & FOUND

From time to time personal items get left at the centre by our members. This is a reminder to call or drop by the office and ask us if anyone has turned in your items. Please do this as soon as you notice they are missing. Any items which are unclaimed after a period of 6 months are donated to local charities.



MAGAZINES IN LIBRARY

Do you enjoy reading current magazines like Canadian Living, Fitness, Consumer Reports, Golf Digest, Canadian Gardening and Chatelaine?

Check out our Library for these titles and many more! Magazines are provided by John Cassan Realty, Ltd. and Shoppers Drug Mart (Applewood Village).

Magazines are to be enjoyed by ALL members. If you find an article or recipe of interest, please ask one of our staff to photocopy it for you (only 10¢ per copy) instead of tearing it out of the issue. Thank you for your cooperation!

VON FOOT CARE SERVICE

Provided by a registered nurse.

Services include: care of nails, callouses and corns.



Appointments are held at the Seniors' Centre every Wednesday starting at 12:00 pm. Please call the VON office directly at 905-821-3249 to book your appointment. Cost: \$35.

ANNOUNCING SENIORS' MONTH

Seniors' Month will run for the entire month of June.

Plan to attend these annual events:

- Picnic in the Park
 - Strawberry Bingo
 - Amica at the Park
- ...and more!

Check the "At a Glance" calendars for a full listing of events

Make a WISH!

Seniors Month is in JUNE and it's all about YOU! As you know, the Mississauga Seniors' Centre offers a variety of fun activities & events in June to celebrate Seniors' Month but.....is there something else you would like to see for this June's Seniors' Month?

Please use the form below to indicate what you WISH Seniors Month to offer! For every form you submit, your name is entered in the draw for a prize (drawn on April 30th).

List your idea(s)

Put your name on it for the draw!

Deposit your form into our Make a Wish box in the hallway.

Name_____ Phone Number: _____

For Seniors' Month, I would LOVE to have the following offered at the Mississauga Seniors' Centre...

Amica at City Centre & Erin Mills will be hosting our
4th Annual Amica at the Park
Mississauga Largest Senior's Wellness & Vitality™ Event
Thursday, June 24, 2010
8:30am - 2:00 pm

Celebrating Senior Active Living in Mississauga, this all day seniors' event is to inspire, educate and encourage all seniors on how to improve their quality of life while having fun.

Event Location: Living Arts Centre, 4141 Living Arts Drive, Mississauga.
(Parking available on the street or underground)

- 8:30am - Register for day & to win prizes
- 10:00am - 12:00pm - Fun fitness activities
- 12:00pm - Complimentary BBQ lunch
- 12:30pm - 2:00 pm- Live music, door prizes and fun games.

For more information call Ann Brady at 905-803-8100



Save these dates!

Sunset Concert Series
Port Credit Memorial Park

Mark your calendars now!

July 4, 11, 18, 25 and August 9, 16, 30

Detailed concert information will be in the next newsletter.

IN MEMORIAM

Pat Corlett – December 11, 2009

Linda Pollard – February 12, 2010

PICTURES FROM PREVIOUS SPECIAL EVENTS

Silver Bells — December 4, 2009



Annual Christmas Luncheon — December 18, 2009



New Years Eve Party — December 31, 2009



Valentine Luncheon — February 11, 2010



Our next newsletter will feature pictures taken at our
April, May, and June Special Events:

- Volunteer Appreciation Event
 - Strawberry Bingo
 - Picnic in the Park
-and many more!

Don't forget to "Say Cheese" if we point the camera at you!!

Personal Finance Series
Presented by: Investors Group Financial Services
Mondays 10am-11am in the Craft Room

- April 12—Pay Less Taxes!
- April 26—Savings Outlasting Retirement?
- May 10—Identity Theft
- May 31—Income Keeping up with Inflation
- June 14—Estate Planning
- June 28—Charitable Giving

Sign up sheet in the Mississauga Seniors' Centre office, seating is limited. Please sign up at least one week in advance prior to each seminar.

Refreshments will be served.



Investors Group Financial Services Inc

Volunteer Appreciation Event
Thursday, April 22, 2010
1:00pm-3:30pm in the Lucy Turnbull Room

Mississauga Seniors' Centre Volunteers will be receiving a special invitation to this year's "Cruise Themed" event at the Mississauga Seniors' Centre. Watch your mailbox for more information. RSVP date is April 14.



Information Session on ElderSafe Support Services

Thursday, April 29, 2010

1:00pm-3:00pm in the Meeting Room

ElderSafe Support Services is a division of Saint Elizabeth Health Care. We offer support to individuals to maintain their independence. Our services can include personal care, light housekeeping, companionship, transportation and caregiver relief (respite).

Our Caregiver Relief program is funded through the Saint Elizabeth Health Care Foundation. The goal of this program is to assist caregivers who are feeling stressed and overwhelmed with the task of caring for a loved one. There is a financial assessment that must be completed, and the caregiver may qualify for care free of charge. Due to overwhelming response for this program, we are temporarily waitlisting until we are able to service. Individuals will still be assessed for eligibility. Other supports and resources as well as educational materials will be provided.

In addition, we do offer services for a fee. As we are a non-profit organization, there is not any tax on our services. Surplus monies are transferred into the Caregiver Relief Program.

Please contact our office for more information. You can reach us at 905 825 5567.

Sign up sheet in the Mississauga Seniors' Centre office, space is limited. Please sign up by April 22.



Refreshments will be served.



Announcing a "Tweet" deal at the Mississauga Seniors' Centre! Some future special events will have this little birdie featured which will allow an "early bird" ticket price! Tickets for some special events will be discounted up to a certain date....watch for this birdie and be sure to be the early bird to get the worm!

Empowering Ourselves to Age at Home

Presented by: Bayshore Home Health

Thursday, May 6, 2010

1:00pm-3:00pm in the Lucy Turnbull Room

What can I expect from the health care system and what can I do to maintain my own health and wellbeing.

Please join us for some great treats and learn about current trends in public and private home care services, as well as proactive approaches to health maintenance. Sign up sheet in the Mississauga Seniors' Centre office, space is limited. Please sign up by April 29.



Complimentary light snacks and refreshments will be available.

Seniors Wellness & Vitality Day

at the Mississauga Seniors' Centre

Hosted by: Amica at City Centre and Amica at Erin Mills

Thursday, May 13, 2010

11:00am-3:00pm in the Meeting Room

Join us for an interactive and educational day on how to feel great at any age! 16 Information booths - samples - draws & prizes

Special guest speaker Elaine Charal on the "Power of the Pen". Come prepared to Laugh as Elaine shows you how the "paper mirror" of your writing indicates your strengths.

In addition, you'll discover how to communicate even more effectively through knowing what the strokes of handwriting means.

Sign up sheet in the Mississauga Seniors' Centre office, space is limited. Please sign up by May 6.



Complimentary light snacks and refreshments will be available.



Cloverleaf Plant Sale

Saturday, May 22, 2010

8:30am-12:00pm in the Olga Tyne Room

Annual fund-raising sale of perennial plants grown by members and friends of the Cloverleaf Garden Club of Mississauga. Take advantage of this sale and pick up great plants at great prices. Sale will take place in the parking lot of the Mississauga Seniors' Centre, 1389 Cawthra Road.

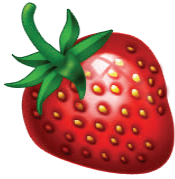
Check www.cloverleafgardenclub.org or call Edel at 416-953-1031.

Antiques Appraisal Day

Thursday, June 3, 2010

12:30pm-3:30pm in the Meeting Room

Have your antiques appraised. \$5 per item, maximum 3 items per person. FREE admission. Please sign up in the Mississauga Seniors' Centre office by May 27. Refreshments will be served.



Strawberry Bingo

Friday, June 25, 2010

1:00pm-3:00pm in the Olga Tyne Room

Join us for our Annual Strawberry Bingo in the Olga Tyne Auditorium presented by our Special Events Committee. Ticket price includes 3 bingo cards, strawberry shortcake, tea and coffee. Additional bingo cards are 25¢ each. ****Door prizes****. Please purchase tickets from the office by **Fri Jun 18**. Tickets: \$7.00 members and non-members.



Picnic in the Park

Tuesday, June 29, 2010

12:00pm-3:00pm at Lakefront Promenade Park

Join us for our Annual Picnic in the Park at Lakefront Promenade Park (Picnic Area B) catered by The Clarkson Pump. Enjoy a buffet lunch with salads, chicken, burgers, veggies & dip, pop, juice, water and coffee. After lunch satisfy that sweet tooth with a mouth watering dessert. Then, sit back and relax or kick off your sandals and enjoy the entertainment.

Please purchase tickets from the office by **Fri Jun 4**.

Tickets: \$12.00 members, \$14.00 non-members.

DAY TRIP TICKET SALES POLICY

Eligibility:

Tickets are sold to centre members during the first two weeks the trips are on sale. Tickets can then be sold to senior non-members.

Resales:

If you are unable to use the ticket, contact the office and we will attempt to re-sell your ticket at anytime, regardless of whether the trip has sold out. If we cannot sell your ticket, it will be returned to you to try to sell yourself, to a senior member or senior non-member. Please advise the office of any such changes.

Refunds:

Refunds are not given unless the ticket is resold. A refund application must be filled out and signed by the original ticket holder before a refund can be processed.

Waiting List:

A senior non-member's name can be put on the waiting list. Calls are made in priority according to the sequence on the list. Every effort is made to contact the first person on the list before calling the next person. However, if this contact is not possible (i.e. it is a last minute situation) the next name on the list will be called.

Seating:

If you require special seating on the bus, please indicate this at the time of registration. The Day Trip committee will do their best to accommodate your needs.

Departure Time from Seniors' Centre:

Ticket holders should be at the centre at least 15 min. before scheduled departure time. The bus will wait 10 min. for late comers. We will not be responsible for any changes to our original itinerary or delays due to uncontrollable or difficult weather.

THE STRATFORD FESTIVAL THEATRE PRESENTS...

“KISS ME, KATE”

Tuesday, May 11, 2010

Code #: 496922

Cole Porter’s delightful “*KISS ME, KATE*” graces the stage of the Festival Theatre as Stratford’s big musical production for the 2010 season. This musical version of “The Taming of the Shrew” offers a wonderful selection of classic Cole Porter songs, including ‘So In Love’, ‘Too Darn Hot’, ‘Wunderbar’, ‘Always True To You in My Fashion’, ‘From This Moment On’ and many more memorable songs we all know and love.

Prior to the matinee performance, enjoy a Buffet Luncheon at Elmira’s **CROSSROADS** Restaurant.

Cost per person \$130.00

(Includes Motorcoach Transportation, Reserved Centre Orchestra Seats, All Taxes, Meal Tip & Driver Gratuity).

Departs the Centre at 9:30am and arrives back at approx. 7:00pm.

DISCOVER PRINCE EDWARD COUNTY

Thursday, June 10, 2010

Code #: 504951

Prince Edward County has changed from a sleepy rural community to an “in” destination for those who enjoy history, fine wine and great cuisine. With a short break along the way, our first stop in The County will be *Bloomfield* to enjoy the pretty village and its delightful shops.

The best of lunches will be at the *Harvest*, an award winning restaurant in Picton where simple county cooking is turned into an art by Chef Michael Potters. You will also have a chance to visit his shop, *Pinch*, in Picton and purchase gourmet items for your own kitchen.

After lunch, we will head for the historic *Black River Cheese Market* and then on to the *Huff Estates*, a new sleek and stylish winery, for a tour and tasting of their award-winning wines. Right next door is the *Oeno Gallery*, one of the most exciting contemporary art galleries in Ontario, featuring an outdoor sculpture garden and works by many of the region’s finest artists.

Cost per person \$86.00

(Includes: A fully escorted tour by deluxe coach, all taxes & gratuities).

Departs the Centre at 8:30am and arrives back at approx. 6:30pm.

TRAINS AND BOATS AND PLANES

Thursday, June 24, 2010

Code # 504952

Okay, we don't have the planes, but we *do* have a Train and a Boat for you!

We'll start you off in Stouffville, where you'll board the York-Durham Heritage Railway for a one-way leisurely Train Trip to Uxbridge, following the original rail line through the picturesque Oak Ridges Moraine.

Upon disembarking here, your coach will be waiting to take you into the Kawartha Lakes region to the town of Bobcaygeon, where your Boat awaits. Once on board the 200 passenger 'Kawartha Spirit', settle back and enjoy a 2 hour cruise on Pigeon Lake. A Hot Chicken Luncheon is served on board as you enjoy this narrated Cruise and scenery.

Following our cruise, we motor south into Durham county, where we stop at the White Feather Crafts Shop and Bakery for some shopping and browsing (nice Butter Tarts here).

Then we're homeward bound!

Cost Per Person \$99.00

(Includes Motorcoach Transportation, All Taxes, Driver's Gratuity and Meal Tip).

Departs the Centre at 8:30am and arrives back at approx. 6:15pm.



TRIPS FOR SUMMER AND FALL 2010 HAVE ALREADY BEEN
PLANNED BY THE DAY TRIP COMMITTEE.

MARK THESE DATES ON YOUR CALENDAR AND STAY TUNED
FOR SPECIFIC TRIP DETAILS TO FOLLOW:



AUGUST 31
SEPTEMBER 16
BUFFALO—LATE SEPTEMBER
OCTOBER 7
OCTOBER 26

IT'S A MYSTERY
WHERE ARE YOU GOING ON THIS SUMMER DAY AWAY?
Tuesday, July 6, 2010
Code #: 504953

It's different ... it's fun ... it's a mystery
Where you are going or what you will do
We know that you won't go hungry, though:
Lunch and Tea are provided for you

Our driver will know which direction to take
Perhaps north, maybe south, east or west
Whichever it be don't be concerned for he's
The one who knows best.

So don't miss the fun of finding out
What's in store for you by and by
This day is a treat, so hurry, book your seat
And be with us on the 6th of July!

Cost Per Person \$86.00

(Includes Motorcoach Transportation, a Luncheon of Choice, an Afternoon 'special' Tea, any Admissions, any Guide Service, All Taxes including H.S.T., Driver's Gratuity and Meal Tip).

Departs the Centre at 8:30am and arrives back at approx. 8:00pm.



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CANDLES...COUNTRY AND CRUISING

Thursday, July 22, 2010

Code #: 504954

We're Orillia bound on this summer day away that starts off with a visit to the **Concord Candle Factory and Gift Shop** where there is time to shop and browse. **Country Produce** is our next stop where their specialty is fresh fruit and veggies. There will be lots for you to look at here.

For our Luncheon today, we head over to Orillia's popular **Mariposa Market Bakery** where you'll enjoy a tasty Luncheon (Choice of 2 Entrees, Beverage and Fancy Dessert) and have some time to browse.

Following lunch, it's down to the Town Dock where the "**Island Princess**" awaits to sail you away on a peaceful afternoon cruise. Settle back, relax and enjoy your cruise over the sparkling waters of Lake Couchiching. To add to your pleasure, an Afternoon "Devon style" Tea will be served on board - *fresh baked scones, fruit preserves, whipped cream, coffee/tea*. After your cruise, it's back on board the coach as we set our sights for home.

Cost Per Person \$82.00

(Includes Motorcoach Transportation, All Taxes including H.S.T. and Meal Tip).

Departs the Centre at 9:00am and arrives back at approx. 6:00pm.

The St. Jacobs Country Playhouse Presents...

"COUNTRY LEGENDS"

A Salute to Country Music Pioneers

Thursday, August 12, 2010

Code #: 504955

Enjoy some morning shopping in the charming **Village of St. Jacobs** followed by a Buffet Luncheon at the **Stone Crock Restaurant** prior to the 2:00 p.m. Matinee performance of "**Country Legends**"

Sold out for its entire run in 2009, "**Country Legends**" is back again by popular demand for another run in 2010! This wonderful Musical Tribute salutes **Hank Williams, Willie Nelson, Kenny Rogers**, plus the Queens of country music, **Dolly Parton, Tammy Wynette, Patsy Cline** and many more.

Fusing elements of Classic Country, Western, Gospel and Bluegrass with hilarious Comedy and period Dance, this toe-tappin', foot-stompin' celebration is a jubilant walk down memory lane.

Cost Per Person \$99.00

(includes Motorcoach Transportation, Reserved Orchestra Seats, All Taxes

including H.S.T., Driver's Gratuity and Meal Tip)

Departs the Centre at 9:30am and arrives back at approx. 6:00pm.

DAY TRIPS/MEETINGS/SPECIAL EVENTS

April

Mon	5	9:00am-3:00pm	Spring Programs begin
Thu	8	9:00am-8:30pm	Day Trip—Niagara Falls Lunch with the Arts & Dinner with Wine
Mon	12	10:00am-11:00am	Personal Finance Series—Pay Less Tax
Mon	19	10:00am—12:00pm	Senior Centre Fund Meeting
Thu	22	1:00pm-3:30pm	Volunteer Appreciation Event
Mon	12	10:00am-11:00am	Personal Finance Series—Savings Outlasting Retirement
Thu	29	9:15am—5:30pm	Day Trip—First Taste of Spring at the Millcroft Inn
Thu	29	1:00pm-3:00pm	Information Session: ElderSafe

May

Thu	6	1:00pm-3:00pm	Information Session: Empowering Ourselves - Bayshore Home Health
Mon	10	10:00am-11:00am	Personal Finance Series—Identity Theft
Tue	11	9:30am-7:00pm	Day Trip—”Kiss Me, Kate”
Thu	13	11:00am-3:00pm	Seniors’ Wellness & Vitality Day
Mon	17	10:00am—12:00pm	Senior Centre Fund Meeting
Thu	20	1:00pm-3:00pm	Activity Leader’s Meeting
Sat	22	8:30am-12:00pm	Cloverleaf Plant Sale
Tue	25	4:00pm—8:00pm	Blood Donor Clinic
Mon	31	10:00am-11:00am	Personal Finance Series—Income Keeping up with Inflation

CLOSURES

The centre will be closed on Friday April 2 for Good Friday and Monday May 24 for Victoria Day.

♦ALL registered programs and activities are cancelled on these days.

DAY TRIPS/MEETINGS/SPECIAL EVENTS

June

Thu	3	12:30pm-3:30pm	Antiques Appraisal Day
Thu	10	8:30am-6:30pm	Day Trip—Discover Prince Edward County
Mon	14	10:00am-11:00pm	Personal Finance Series—Estate Planning
Mon	21	10:00am-12:00pm	Senior Centre Fund Meeting
Tue	22	12:00pm-2:00pm	Garden Café Volunteer Luncheon
Thu	24	8:30am-6:15pm	Day Trip—Trains and Boats and Planes
Thu	24	8:30am-2:00pm	Amica at the Park
Fri	25	12:00pm-3:00pm	Strawberry Bingo
Mon	28	10:00am-11:00pm	Personal Finance Series—Charitable Giving
Tue	29	12:00pm-3:00pm	Picnic in the Park

 * JUNE is Seniors' Month! *
 * The Mississauga Seniors' Centre is gearing *
 * up for a fun-filled month of events. Be *
 * sure to attend at least one of the events *
 * listed in the above calendar. And watch *
 * for some surprises! *

April/May/June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1:00pm Billiards Table Tennis Bid Euchre 1:30 pm Sunday Dance	8:30am Billiards 9:15am Full Functional 9:30am Forever Fit Ladies 10:00 am Monday Social Dance 10:30am Fit Fellows OsteoFIT 11:30am Weight Training/Fit Class 12:15pm Duplicate Bridge 12:30pm Badminton Prog. Bridge Stitch & Chat 1:00pm Whist 1:30pm Lawn Bowling for Beginners	8:30am Billiards 9:00am Better Backs & Balance Walking Club* 9:30am Keep Fit For Bones 2 Yoga 10:00am The Entertainers The Play*Mates 10:45am Keep Fit For Bones 1 12:00pm Jazz Fitness 12:15pm Ceramic Glazers 12:30pm Miss. Swing Band Prog. Bridge 1:00pm Cribbage Horseshoes 1:15pm Wellness Workshop 6:30pm Table Tennis 7:30pm Tai Chi Alumni	8:30am Billiards 9:15 am OsteoFIT 9:30am Mah Jongg Trail Walk & Tone (offsite) 9:40 am Line Dancing—Level 1 10:00am Scrabble 10:30am Tai Chi—Level 1 Weight Training/Fit Class 11:10 am Line Dancing—Level 2 1:00pm Bias Carpet Bowls Cake Decorating Euchre Writer's & Poets (1st & 3rd of each month)	8:30am Billiards 9:00am Shuffleboard (practice@8:15am) Walking Club* 9:30am Keep Fit For Bones Level 2 Art Club 10:00am Yoga 10:45am Keep Fit For Bones Level 1 11:00am The Entertainers 12:30pm Badminton Chinese Opera 1:00pm Cake Decorating Level 1 1:30pm Bridge Basics (Lessons) Camera Club (2nd of each month) Computer Club (3rd of each month) Digital Imaging (4th of each month) Investment Group (1st of each month) 2:00pm Cooking for One or Two	8:30am Billiards 9:30am Art Club Forever Fit Ladies Nordic Walking Square Dancing 10:00am Happy Tappers 10:30am Fit Fellows 11:00 am Gentle Joint and Stretch 12:30pm Miss. Swing Band Prog. Bridge 1:00pm Bingo 500 Cards Horseshoes Literary Loonies (1st of each month) 2:30 pm Pickleball 7:30pm Friday Night Euchre	9:00am Billiards Badminton Art Club

*Program is being held at Cawthra Community Centre.