

# Centre's CHATTER



Published by the Leamington & District Half-Century Centre Inc. A great place to make new friends!

## HAPPY NEW YEAR!



From the President  
**Bill Chaplin**

Here it is, time to say "Happy New Year!" And first things first, I sincerely hope that you had a safe and satisfying holiday. Along with a New Year, however, there are New Year's resolutions, and I would like to remind all of you to give a thought to the welfare of the centre.

We have standing committees (like the finance committee, the house and property committee and the fundraising committee) that probably could use your help and insight to work better for the benefit of our members. We have board positions that will need filling; casual volunteer openings that arise frequently; and most especially we have situations that could use somebody who is willing to lend a hand.

So, when you get started on the New Year's resolutions (many of which you won't end up keeping if you're anything like me) tack on an extra that promises to keep an eye out for any opportunity to contribute to one of your favourite activities at the centre. It really is rewarding!

# THE LEAMINGTON AND DISTRICT HALF-CENTURY CENTRE

A member of the Older Adult Centres' Association of Ontario

## BOARD OF DIRECTORS 2017-2018

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## REGULAR PROGRAMS AND EVENTS

**RECREATION:** Art Group, Band Practice, Breakfast Group, Bridge (Contract & Duplicate,) Carpet Ball, Cribbage, Darts, Euchre, Line Dancing, Pepper, Pool, Shuffleboard, Uno, Yoga.

## TUESDAY LUNCH PROGRAM

**ENTERTAINMENT:** Bus Trips, Card Parties, Picnic, Dinner Theatre, Special Programs, Travel.

## MEMBERSHIP:

\$45.00 per year (April 1st - March 31st)

## SOCIAL SERVICES:

- Blood Pressure Clinics
- Community Living Yoga
- Foot Clinic
- Income Tax Clinics
- Serco Drive Test
- Parkinson's Exercise & Support Group
- Guest Speakers on Senior's Issues
- Ministry of Transportation
- Senior's Group Classes

## NEWSLETTER SUBSCRIPTION:

Mailed to you: \$13.00 per year for 6 issues

Centre's Chatter is a publication of the Leamington and District Half Century Centre, composed by staff with contributions from Directors, Members and others interested in the issues and concerns of seniors. It is produced 6 times per year. Please contact us if you have comments or contributions, or if you would like to purchase advertising, or be a distributor of our newsletter.

From the Administrator  
**Christine Lehn**

## Welcome to 2018!

I would like to thank Seacliff Manor for the lovely Christmas cake served at our Christmas Dinner. A thank you also to Chartwell Residence for occasionally donating desserts for our Tuesday lunch program and to Sweet Retreat for donating tasty ice cream. There are some who regularly bake cakes and pies for our fundraisers. A huge thank you to you. This enables us to keep costs low so we can raise enough to support the Centre. We enjoy the treats.

Spread the word. There are many fun activities at the Centre. We have started Carpet Ball on Friday afternoons again. It is so nice to hear all the laughter. Participation helps keep the Centre viable. If there is a game you would like to learn, please ask. I am sure there are many who will be willing to teach you. Our band is always looking for new members as well.

160 Talbot Street East, Leamington, ON N8H 1M2  
Phone: 519-326-2521 Fax: 519-326-2348  
E-mail: [halfcenturycentre@cogeco.net](mailto:halfcenturycentre@cogeco.net)

**OFFICE HOURS:**  
Monday to Friday  
8:30 a.m. - 4:30 p.m.

# MAKE PLANS NOW

*before the snow hits!*



*Stay warm  
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## REGULAR CENTRE ACTIVITIES

<b>ART GROUP</b>	WEDNESDAY	9:00 a.m.
<b>BAND PRACTICE (Musical G's)</b>	WEDNESDAY (call office for location)	10:00 a.m.
<b>BRIDGE (Duplicate)</b>	MONDAY	12:30 p.m.
<b>BRIDGE (Contract)</b>	WEDNESDAY	1:30 p.m.
<b>BREAKFAST GROUP</b>	TUESDAY	8:30 a.m.
<b>CARPET BALL</b>	FRIDAY	1:30 p.m.
<b>CRIBBAGE</b>	THURSDAY	2:00 p.m.
<b>DARTS</b>	THURSDAY	1:30 p.m.
<b>EUCHRE</b>	TUESDAY	1:30 p.m.
<b>LINE DANCING</b>	MONDAY & THURSDAY	9:30 a.m. & 7:00 p.m.
<b>PEPPER</b>	SUNDAY & WEDNESDAY & FRIDAY	2:00 p.m., 7:00 p.m., & 7:00 p.m.
<b>POOL ROOM</b>	MONDAY - FRIDAY	8:30 a.m. to 4:15 p.m.
<b>QUILTING GROUP</b>	MONDAY	9:00 a.m.
<b>SHUFFLEBOARD</b>	WEDNESDAY	1:30 p.m.
<b>UNO</b>	MONDAY	2:00 p.m.
<b>YOGA</b>	FRIDAY	9:00 a.m.

## REGULAR PROGRAMS

**DRIVE TEST:** G1 & G2 Eye/Written & Road Test  
4th Tuesday Monthly at 9 am. – 12 noon  
and 1 p.m. – 4 p.m.

For road test appointments please call 1-888-570-6110;  
**do not call the centre.**

**PARKINSONS EXERCISE & SUPPORT GROUP –**  
Tuesdays 10:30 a.m.

## VOLUNTEER INCOME TAX CLINIC FOR LOW INCOME

## TUESDAY LUNCH PROGRAM

Home-cooked meals at a great price. Enjoy our friendly service and comfortable atmosphere. Non-members welcome! Lunch is served at 12 noon and cost is \$8 per person. Meals include an entrée, vegetables, salad, bread roll, dessert, and tea or coffee.

The 3rd Tuesday each month we have Pot Luck. Cost is \$8 per person, or \$4 if you bring food.

Please call the office at 519-326-2521 for the week's menu, and to be added to the list the Monday before the luncheon. If you have any comments on the week's menu or suggestions for an upcoming menu please contact Christine. We try to make all meals interesting and enjoyable. Please note the menu is subject to change.

## LUNCH MENU

JANUARY 2 .....Pork Loin  
JANUARY 9 .....Chicken  
JANUARY 16 .....Potluck  
JANUARY 23 .....Beef Stew  
JANUARY 30 .....Pork Chops

FEBRUARY 5 .....Chicken Piccata  
FEBRUARY 13 .....Meatloaf  
FEBRUARY 20 .....Potluck  
FEBRUARY 27 .....Liver & Onions

**Thank you for your continued support  
of our Tuesday Lunch Program.**



## REGULAR CENTRE ACTIVITIES - JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<b>CLOSED</b>	TLP - Pork Loin	Band Practice 10:00 a.m.	Line Dancing 7 p.m.	Pepper Card Party 7 p.m.	
7	8	9	10	11	12	13
	Line Dancing 9:30 a.m.  Foot Care	TLP - Chicken		Diner's Club 4:30 p.m. @ Peter's Kitchen Line Dancing 7 p.m.	Pepper Card Party 7 p.m.	Chili Cook-Off 5:00 p.m.
14	15	16	17	18	19	20
	Line Dancing 9:30 a.m.  Foot Care	TLP - Potluck	Coffee & Conversation 10 a.m. Speaker: Diabetes Wellness	Hearing Clinic 10 a.m.-12 Line Dancing 7 p.m.	Pepper Card Party 7 p.m.	
21	22	23	24	25	26	27
	Line Dancing 9:30 a.m.	TLP - Beef Stew		Line Dancing 7 p.m.	Pepper Card Party 7 p.m.	
28	29	30	31			
	Line Dancing 9:30 a.m.	TLP - Pork Chops				

Tuesday Lunch Program = TLP @ Noon unless specified otherwise

JOIN US  
**TUESDAYS**  
FOR LUNCH!

Enjoy our home-cooked meals at a great price in a comfortable atmosphere with friendly service. Non-members welcome!

Lunch is served at 12 noon and cost is \$8 per person. Meals include an entrée, vegetables, salad, bread roll, dessert, and tea or coffee.

## REGULAR CENTRE ACTIVITIES - FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b>	<b>2</b>	<b>3</b>
					Pepper Card Party 7 p.m.	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	Line Dancing 9:30 a.m.	TLP - Chicken Piccata	Pepper Card Party 7 p.m.	Diner's Club 4:30 p.m. Armando's.  Line Dancing 7 p.m.	Pepper Card Party 7 p.m.	Card Party - Noon
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	Line Dancing 9:30 a.m.	TLP - Meatloaf	Pepper Card Party 7 p.m.	Hearing Clinic 10 a.m.-12 a.m.  Line Dancing 7 p.m.	Pepper Card Party 7 p.m.	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	Line Dancing 9:30 a.m.	TLP - PotLuck	Coffee & Conversation. Speaker: Heart & Stroke 10 a.m. Pepper Card Party 7 p.m.	Line Dancing 7 p.m.	Pepper Card Party 7 p.m.	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>			
	Line Dancing 9:30 a.m.	TLP - Liver & Onions	Pepper Card Party 7 p.m.			

TLP = Tuesday Lunch Program

I consider my residents like family; taking care of them makes me proud.

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WORKING AT CHARTWELL SINCE 2007.**

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**FLOWERS FOR ALL OCCASIONS**



# South Essex Community Council: Community Services

*"There is nothing like staying at home for real comfort."  
- Jane Austen*

## **What are Community Services?**

SECC's Community Services are a collection of programs and services that help seniors and persons with disabilities remain independent in their own homes and fully participate in their community.

### **When to consider Community Services**

- You want to live at home as long as possible.
- You are recovering from an illness, injury or surgery at home and need some assistance.
- You are a caregiver in need of assistance for your loved one or need respite for yourself.

### **Eligibility**

Community Services are for persons who meet one or more of the following criteria:

- You are age 55+ **OR**
- You have a temporary or permanent disability or other chronic health conditions and you require supports to maintain your independence and/or mobility

### **Registration Information**

You do not need a referral from a doctor or other health care provider. We accept registrations directly from clients as well as caregivers looking for services for a loved one. You are welcome to register in person at our main office or over the telephone.

## **Services Offered**

### **Adult Day Program**

A supervised day service providing social, personal, and recreational support to clients and respite, information, and referral services for caregivers. Each client has an individualized care plan developed. Meals and snacks are provided and clients can access on-site nursing services through VON. The program runs every Monday, Wednesday & Friday and costs \$15 (half day) or \$22 (full day).





### ***Foot Care Clinic***

Foot care is a great way to maintain foot health and can help identify other health issues. Specially trained nurses provide foot washing, nail trimming, corn and callus reduction, padding and foot massage services. The cost is \$22.00 per visit and user fees may be covered by Veterans Affairs Canada.



### ***Meals on Wheels***

Hot, nutritionally balanced meals are available Monday through Friday. Each meal consists of an appetizer (soup or juice), entrée and dessert. Food allergies and sensitivities are accommodated and texture modifications can be made upon request. Friendly volunteers deliver our meals providing a social contact and a check in for seniors who live alone. The meals cost \$7 and user fees may be covered by Veterans Affairs Canada.

### ***Transportation Services***

Our program provides affordable door-to-door transportation including service to Windsor and across Essex County. Travel for appointments, socializing, errands, shopping or visiting friends and family. The fares and schedules are as follows. There is no charge for a self-supplied, medically required attendant or escort.

- Within Leamington, Kingsville and Wheatley (Monday – Friday): \$12.00 round trip
- To Amherstburg, Essex, Lakeshore, LaSalle or Tecumseh (Check with office): \$19.00 round trip
- To Windsor (Tuesday & Thursday only): \$26.00 round trip

### ***Security Check and Friendly Visitation***

Caring, trained volunteers provide telephone reassurance calls or in-home visits to determine individual well-being, promote social connectedness and report concerns for follow-up by SECC staff. Telephone reassurance calls are available up to seven days per week, either in the morning or afternoon. Visits can be scheduled on a day and time that is mutually convenient to the client and volunteer visitor. There is no cost for this service.

### ***Home Maintenance & Repair***

This program provides assistance to clients needing help with chores such as snow removal, yard care, housework, small repair jobs or the occasional errand by matching them with approved service providers. Service providers must complete an application, attend an interview, submit acceptable references, supply a clean police records check and complete an orientation session. The cost is \$15-\$20 per hour depending on the type of work requested.

### ***Volunteering for SECC***

Many of the Community Services programs listed here rely on volunteers to provide services. If you are interested in becoming a volunteer, please visit our website to download a copy of the volunteer application.



***Contact Us: We'd Be Happy To Hear From You!***

**215 Talbot Street East, Leamington, ON N8H 3X5**

**Phone: 519-326-8629**

**E-mail: [info@secc.on.ca](mailto:info@secc.on.ca)**

**Website: [www.secc.on.ca](http://www.secc.on.ca)**

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JANUARY 13  
5:00 P.M.**

**COST \$10.00**

**Come vote for your favourites.**

**Colasanti's, Knights of Columbus,  
Portuguese Club, Half-Century  
Centre, Chuck's Roadhouse,  
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## INTRODUCING JOEY'S ALL NEW MENU



### MONDAYS TWO FOR TWENTY

Two can dine for \$20! Two 1 Piece Fish & Chips, 2 non-alcoholic Beverages, and a shared Dessert. \$11 if you're flying solo.

*\$4 Domestic Beer by the Bottle.*

### SHARE WITH FRIENDS WEDNESDAYS

\$1 Off single Share, 3 for \$15, 5 for \$23.  
See Share Menu for choices.

*\$4 Domestic Beer by the Bottle.*

### CELEBRATE SEAFOOD ON FRIDAYS & SATURDAYS

Every weekend we are putting on the Ritz and giving you a variety of luxury seafood choices. Maybe it's date night, someone's birthday, an anniversary or it's just time to celebrate! Take a look at our Feature Sheet for current choices of delicious seafood bounty.

*Any glass of wine for \$5 / 6 oz. \$4 Domestic Beer by the Bottle*



**245 Talbot Street West**  
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**Franchise Opportunities**

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## Help to protect your family's financial well-being

By incorporating an estate plan into your comprehensive financial security plan, you'll help others handle your finances and additional affairs after you die.

An estate plan may also:

- Help you structure your investment options for a smooth transition to your heirs
- Integrate insurance into your plan to cover immediate and long-term needs
- Help you reduce taxes so more of your estate is left for your heirs or a favourite charity



For more information on planning your estate, please contact me today.

**Nicole Prozenko, B.Comm**  
Financial Security Advisor

200-140 Ouellette Pl | Windsor, ON N8X 1L9

519-967-1180, ext. 4514  
nicole.prozenko@f55f.com



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## FOR RENT

The Leamington & District Half-Century Centre is **available to rent** as a venue for Anniversaries, Birthday Parties, Showers, etc. We have a **FULL KITCHEN** and **SEVERAL ROOMS** available individually, or rent the full centre.

**Call us at 519-326-2521  
for more information.**

# HAPPY BIRTHDAY

## TO OUR MEMBERS

### JANUARY

ROTH, JANN	1
DERBYSHIRE, DAVID	2
UNSWORTH, CARMEN	2
BAILEY, SHEILA	3
RIBBLE, CATHIE	4
BARNET, MARY JANE	6
MARTIN, RON	6
ZIMMER, HELMUT	6
CHAPLIN, BILL	9
GAGE, DON	10
FLORENO, MARIO	11
DUNDAS, HAROLD	15
LEACH, JOHN	15
DORSCH, ANN	17
WIPER, HELEN	17
BONKINK, RUTH ANN	19
HILDEBRANDT, HENRY	20
TURK, ARNE	21
MORAN, JOYCE	25
HONEY, GARY	26

### FEBRUARY

GOW, CAROL	3
JAKOB, DELORES	3
SHUSTER, LILY	3
GILLANDERS, HELEN	7
DERBYSHIRE, ILENE	9
HARRIS, FLOYD	11
JANIK, LENA	11
ROSS, MARLENE	12
SLAVIK, HELEN	12
HALEY, VICKIE	17
METZ, RON	24
WEBSTER, ISABELLE	24
McMULLIN, GARRY	24
LINNER, SOPHIA	25
THORPE, RICK	25
MOUSSEAU, GARY	27
GEORGES, JOE	28

## WELCOME NEW MEMBERS

CARMELLE QUINN, PATRICIA DUNN, GARRY JOHNSON, DOLORES NEAR, SHARON ROBINSON, DOREEN AND GARRY MCMULLIN

The Leamington and District Half-Century Centre welcomes these people who have joined since our last publication. So, let's extend a big welcome to each of them and introduce yourself to them; remember how you felt when you were a new member of the Centre.

We welcome you, our new members, and encourage you to take part in as many of the activities as possible. We would also encourage you to get involved as a "volunteer." This is the quickest way to get to know us. Our volunteers are the reason why the Centre is so successful. We could not function without the people who give so generously of their time and energy to the Centre.



**Brian Collins, B.A. Sc., LL.B**  
barrister and solicitor

p: 519.325.0659 fax: 519.325.1448  
briancollins@collinslaw.ca

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Events, etc.**

~~~~~  
Contact the Centre  
for more information.

# UPCOMING EVENTS

## COFFEE AND CONVERSATION

Join us for this interesting program at our Centre. We meet the third Wednesday of each month to discuss issues important to older adults, and in an informal setting around the table with coffee and cookies. We host a guest speaker from various organizations in the area.

## DINERS CLUB

Held the second Thursday of each month, and open to members and non-members who meet each month to go out to supper together at a local restaurant. Why not bring a friend and join us? Sign-up, or call the office to be added to the list so that we can notify the restaurant of numbers. If you wish, you can meet here at the Centre and car pool.

## PLEASE HELP TO SUPPORT OUR EVENTS AND FUNDRAISERS!

- January 11** Diner's Club at 4:30 p.m. at Peter's Kitchen
- January 13** Chili Cook-Off at 5 pm.
- January 17** Coffee & Conversation at 10 a.m. Guest Speaker: Ann Conrad
- February 8** Diner's Club at 4:30 p.m. at Armando's Leamington
- February 10** Card Party at noon.
- February 21** Coffee & Conversation at 10 a.m. Guest Speaker: Heart & Stroke Foundation

# COMMUNITY NEWS

## FOOT CARE

### Feet First Foot Care Clinics

Do you need help with cutting and filing your toe nails, treating ingrown toenails, callouses and corns? Did you know the Half-Century Club offers monthly foot care clinics?

Clinics are performed by **Registered Nurse Kelly Fleming** who holds a certificate in both Basic and Advanced Foot Care.

**Appointments last between 30-45 min, cost \$25.** (not covered by OHIP) and is covered by some health care insurance companies. A portion of the fee is given back to the Half-Century Centre.

**Call Christine, in the office, to book your appointment!** Come for the nail cutting and stay for the foot massage!

## HEARING CARE

**CANADIAN HEARING SOCIETY** is coming to the Half-Century Centre. **FREE** hearing screenings, hearing aid troubleshooting and cleaning, technical devices, communication tips and general information on hearing loss. 3rd Thursday of each month from 10:00 a.m. to 12:00 p.m. starting Jan 18, 2018 first come first serve.

### CLEAR HEARING CENTRE

offers **FREE** Hearing Aid Demos! Come join us on Thurs, Jan 11th, 2018 and Thurs, Feb 8th, 2018. Call us to book your **FREE** demo as spots are limited. 519-398-8116

## NEWS BOARD

The Centre now has a Keurig coffee machine and coffee is available for \$1.

## FOR SALE

The artworks displayed by the Leamington & District Half-Century Centre's **Art Group** are **for sale!** Various paintings and prices. Funds contribute to the cost of the center's services.

## VOLUNTEERS NEEDED

**Help people. Improve lives. Volunteer.** South Essex Community Council is looking for volunteers to help our community. Many positions including Meals on Wheels deliverer, friendly visitor, youth program assistant & tutor are available with flexible hours that work around your schedule. **For more information contact Stephen at 519-326-8629 or [sgard@secc.on.ca](mailto:sgard@secc.on.ca).**

Leamington Half-Century Centre

# CARD PARTY

**Saturday, February 10th  
at 12 noon**

A fun-filled afternoon of Bridge,  
Cribbage and Pepper which starts  
with a Soup and Sandwich luncheon.

**Sign-up before February 5th.**

ALL FOR  
ONLY  
**\$10**





## Don't let old man winter get you down!

Surround yourself in comfort and spend the winter months in one of Seacliff Manor's beautiful suites.

---

As a part of our **Winter Stay Program**, we welcome you to join our community for up to 3 months!

**RSVP today and book a tour of our new home!**

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