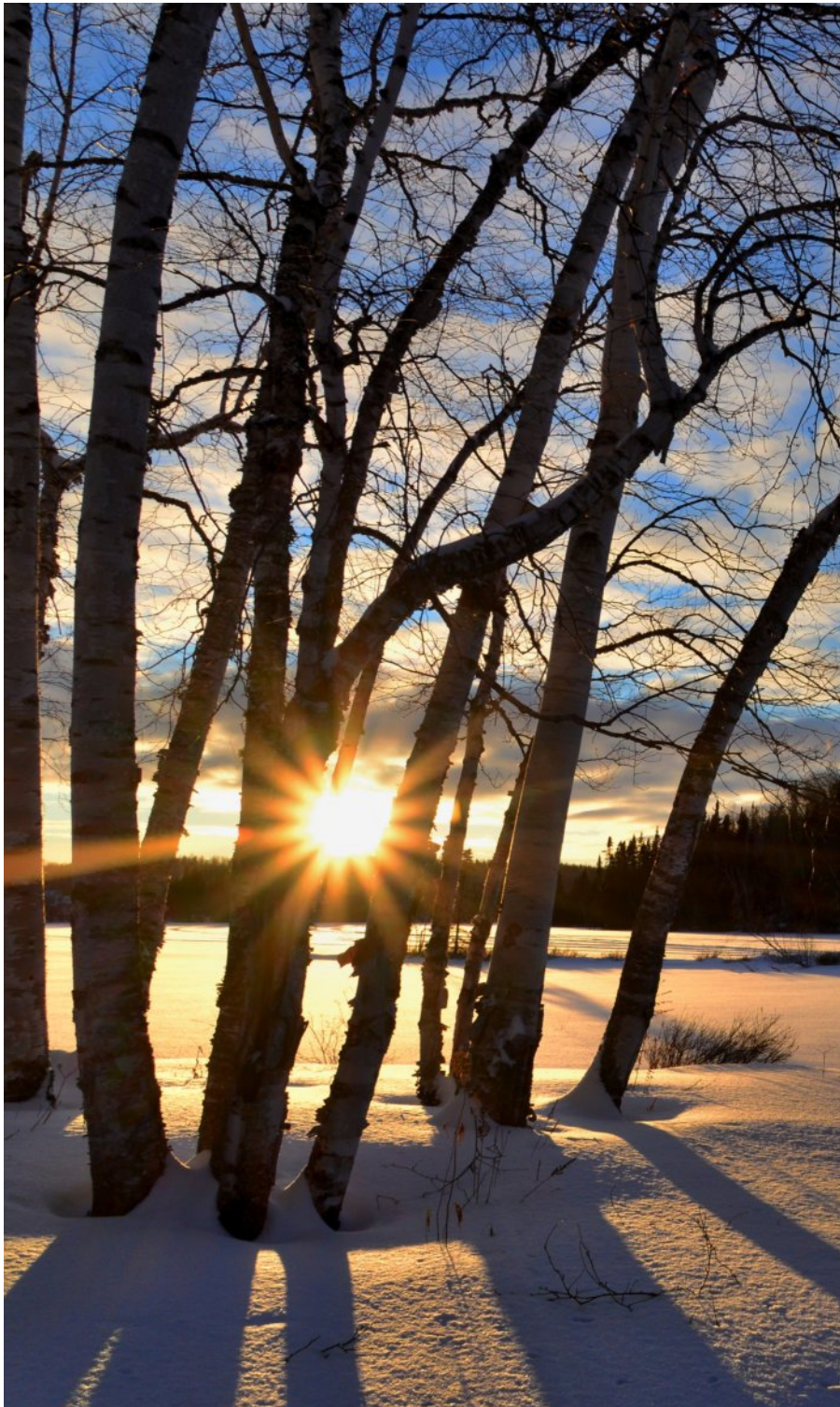


January-February 2019

# Centre's CHATTER



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



## From the President *Cliff Hartwick*

Welcome to 2019 and, if you're a new reader, to the Leamington and District Half Century Centre. We would like to invite our community to come in and enjoy the many activities our Centre offers; Pool, Cards, Yoga, Board Games, Sewing, Darts, Shuffleboard, and more. New members are always very welcome — surprised at all we have to offer.

On behalf of the Board, I want to thank all of those who helped make our 2018 Christmas Dinner a huge success. Thanks to Christine, the kitchen staff, the young students, the bands and thank you Rosewood Erie Glen for the cakes. I would also like to acknowledge the late Fern Andrews for her many years at our Centre and thank her family for the generous gift from her estate.

One of our upcoming events is the Chili Cook-Off on January 12. This is always a popular event and is open to the general public so bring your friends out for a good time and to help pick the winning Chili. We will also be holding a Valentine's Day party on February 14. Special games and a lunch are planned. We look forward to seeing you there.

The Centre will be closed for Family Day on February 18. Enjoy this opportunity we have to spend time with our families, and remember, your participation is what makes our Centre a vibrant and fun place to be. Happy New Year.

# THE LEAMINGTON AND DISTRICT HALF-CENTURY CENTRE

A member of the Older Adult Centres' Association of Ontario

## BOARD OF DIRECTORS 2019-2020

**PRESIDENT** Cliff Hartwick

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**EXECUTIVE DIRECTOR:** Christine Lehn

**JANITOR:** Maurice Raffoul

**BOOKKEEPER:** Pam Chausse

## 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)

- 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

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.

Web: [www.halfcenturycentre.ca](http://www.halfcenturycentre.ca)

From the Executive Director

*Christine Lehn*

Happy New Year. I hope everyone had time to visit with friends and family. Let's make this year even more fun than last.

There are two changes for you to note. The Coffee and Conversation for January is cancelled due to Senior Games and we will be moving the Diner's Club to the first Tuesday for February due to Valentine's Day. Come join us for a special luncheon on Valentine's Day, followed by an afternoon of games and prizes. Tickets must be purchased in advance.

Visit our web site [Halfcenturycentre.ca](http://Halfcenturycentre.ca) for the Centre's latest news and events. Also, beginning this January, we will be emailing to subscribers a shortened eBlast version of the newsletter. You can subscribe at our web site.

I am excited to announce we will be hosting group sessions with Windsor-Essex Compassion Care Community. Please come talk to me to register. These sessions are free and open to everyone. You do not need to be a member to attend.

We will be holding a Health Fair again this year. Plans are in the works to make this a special event. Stay tuned.

*NEWSLETTER PRINT EDITION: Mailed to you \$13.00 per year for 6 issues. DIGITAL EDITION: 24 emails per year. Subscribe for free at [www.halfcenturycentre.ca/newsletter/subscribe-to-eblast/](http://www.halfcenturycentre.ca/newsletter/subscribe-to-eblast/)*

*Centre's Chatter (printed, 6 times per year) and eBlast (emailed to subscribers twice per month) are the official newsletters 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 older adults. Visit our website to subscribe. Please contact us if you have comments, contributions, or if you would like to purchase advertising, or be a distributor of our print edition.*

**Design, Print and Digital Production by Rob Shaw Media.**



# Call a truce with *winter* this year



If you're not shoveling snow, slipping on ice, scraping a car or driving in a blizzard, winter can actually be fun. You'll remember that if you make a move to Seacliff Manor. Hearty, delicious meals with no need to venture out for groceries. A fun-loving network of new and old friends — all right in the building. A shuttle bus for shopping. And amenities and programs to stretch your mind, body and soul.



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## REGULAR CENTRE ACTIVITIES

<b>GROUP</b>	WEDNESDAY	9:00a.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	9:00 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	10:00 a.m.

## REGULAR PROGRAMS

**DRIVE TEST:** G1 & G2 Eye/Written & Road Test 4th Tuesday Monthly at 9 a.m. – 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

Jan 8 .....	<b>Spare Ribs</b>
Jan 15 .....	<b>Pot Luck</b>
Jan 22 .....	<b>Salisbury Steak</b>
Jan 29 .....	<b>Chicken</b>
Feb 5 .....	<b>Ham</b>
Feb 12 .....	<b>Pasta</b>
Feb 19 .....	<b>Pot Luck</b>
Feb 26 .....	<b>Roast Beef</b>

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



# Chili Cook-Off



**Saturday January 12  
5:00 P.M - Cost \$10.00**

**Come vote for  
your favourites.**

**Come see how the Half Century Centre's  
chili stacks up against local restaurants.**

**Our challengers will be announced  
next issue and on our web site.**

**Join us at the**

**Leamington Half-Century Centre  
and see if you agree with the judges.**

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## Costa Rica

12 Days - Departs Apr 2 - A lush tropical journey boasting truly unique wildlife, volcanos and vegetation. Explore the waterways, forests and mountain ranges all offering magnificent vistas! Protected land ensures a natural habitat for the Toucans, monkeys and sloths, just to name a few, who call this home. Volcanoes, Natural Hot Springs, waterfalls and a tremendous canopy present an exceptional adventure for us to embark on. The hospitality of this tropical paradise is beyond extraordinary and the experience of all that it offers is amazing! Twin per person \$5,669.00 CDN includes all taxes & Round Trip Air from Toronto



Explore!

## Alaska Land & Sea

Discover!

19 Days - Departs Jun 12, Jun 26\*\* or Jul 24\*\* Join us as we are captivated by the magnificent beauty surrounding us. City tours, wildlife, entertainment, panning for gold and glaciers. Experience the opulent vistas created by nature, the ruggedness of a land meant to test the human spirit & the exceptional merger of man, nature and wildlife to create communities like none other. Truly a remarkable adventure with sights beyond your imagination!!! Twin per person Inside K/L Jun 12 \$7,399.00(incl 610.67 taxes & Round Trip Air from Toronto) \*\*Jun 26 & Jul 24 surcharge Twin 110.00



Free Shuttle Service to join any tour from local pick up points

## Best of Arizona

22 Days - Departs Feb 20 or Mar 13\* Explore amazing landscapes created by nature and wonders designed by man to adapt to such a unique terrain. Discover the canyons and cities of this great state including 4 nights in Tucson and 3 nights in Phoenix. City tours, a tram ride and Steamboat Cruise let us delight in the marvelous vistas from all angles. Experience the history the "Old West" still holds and the magical energy of Las Vegas. Our journey takes us to the best of Arizona and beyond with incredible adventures along the way!! Twin per person \$4,689.00 CDN HST does not apply \*Mar surcharge 120.00 per person



## Viking Trail of Newfoundland

Experience!

12 Days - Departs Jun 11, Jun 25, Jul 02, Jul 9, Jul 23, Aug 06, Aug 20 or Sep 3 - Newfoundland is like nowhere else! The people that call this home welcome us as we become members of the Royal Order of Screechers! Beautiful Coastlines, Whales, magnificent wildlife Icebergs, and vistas make touring this most Easterly point in Canada a must! From present day fishing communities to a Viking village the sights, culture and culinary treasures leave us in awe of the "Rock". A Heritage site in Labrador offers us a glimpse of a way of life long forgotten. Come experience the uniqueness of Newfoundland! Twin per person \$4,859.00 CDN (incl. 672.63 taxes & Round Trip Air from Toronto)



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## COMMUNITY SUPPORTS FOR OLDER ADULTS



### **SOUTH ESSEX COMMUNITY COUNCIL: Home Maintenance**

This program provides assistance to those needing help with chores such as snow removal, yard care, housework, small repair jobs, errand running and grocery shopping by matching them with approved service providers who are thoroughly screened. The cost is \$15-\$20 per hour, depending on the type of work requested.

### **CONTACT US: We're happy to help**

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## REGULAR CENTRE ACTIVITIES - JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
● Regular Daily Schedule	<b>New Years Day</b> <b>CLOSED</b>	Art Group 9:00 AM Bridge 1:30 Shuffleboard 1:30 Pepper 7:00 <b>Band Practice 10:00 AM</b>	Darts 1:30 PM Cribbage 2:00 PM Line Dancing 7:00 PM	Yoga 10:00 AM Pepper 7:00 PM		
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Pepper 2:00 PM	<b>Foot Care Clinic</b> Line Dancing 9:00 AM Sewing Group 10:00 AM Bridge 12:30 PM UNO 2:00 PM	Breakfast 8:30 AM Lunch 12:00 PM Euchre 1:30 PM <b>TLP-Spare Ribs</b>	Art Group 9:00 AM Bridge 1:30 Shuffleboard 1:30 Pepper 7:00	Darts 1:30 PM Cribbage 2:00 PM Line Dancing 7:00 PM <b>Diner's Club 4:30 PM</b> <b>@ Jose's</b>	Yoga 10:00 AM Pepper 7:00 PM	<b>Chili Cook-Off</b> <b>5:00 p.m.</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Pepper 2:00 PM	Line Dancing 9:00 AM Sewing Group 10:00 AM Bridge 12:30 PM UNO 2:00 PM	Breakfast 8:30 AM Lunch 12:00 PM Euchre 1:30 PM <b>TLP-Pot Luck</b>	Art Group 9:00 AM Bridge 1:30 Shuffleboard 1:30 Pepper 7:00 <b>Senior Games Euchre</b>	Darts 1:30 PM Cribbage 2:00 PM Line Dancing 7:00 PM <b>Hearing Clinic</b>	Yoga 10:00 AM Pepper 7:00 PM	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Pepper 2:00 PM	Line Dancing 9:00 AM Sewing Group 10:00 AM Bridge 12:30 PM UNO 2:00 PM	Breakfast 8:30 AM Lunch 12:00 PM Euchre 1:30 PM <b>TLP-Salisbury Steak</b>	Art Group 9:00 AM Bridge 1:30 Shuffleboard 1:30 Pepper 7:00	Darts 1:30 PM Cribbage 2:00 PM Line Dancing 7:00 PM	Yoga 10:00 AM Pepper 7:00 PM	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
Pepper 2:00 PM	<b>Foot Care Clinic</b> + Reg. Daily Sched.	Breakfast 8:30 AM Lunch 12:00 PM Euchre 1:30 PM <b>TLP-Baked Chicken</b>	Art Group 9:00 AM Bridge 1:30 Shuffleboard 1:30 Pepper 7:00	Darts 1:30 PM Cribbage 2:00 PM Line Dancing 7:00 PM		

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
● Regular Daily Schedule					1 Yoga 10:00 AM Pepper 7:00 PM	2
3	4	5	6	7	8	9
Pepper 2:00 PM	Line Dancing 9:00 AM Sewing Group 10:00 AM Bridge 12:30 PM UNO 2:00 PM	Breakfast 8:30 AM Lunch 12:00 PM Euchre 1:30 PM <b>TLP-Ham</b>	Art Group 9:00 AM Bridge 1:30 Shuffleboard 1:30 Pepper 7:00	Darts 1:30 PM Cribbage 2:00 PM Line Dancing 7:00 PM <b>Diner's Club 4:30 PM @ Joey's</b>	Yoga 10:00 AM Pepper 7:00 PM	
10	11	12	13	14	15	16
Pepper 2:00 PM	Line Dancing 9:00 AM Sewing Group 10:00 AM Bridge 12:30 PM UNO 2:00 PM <b>Foot Care Clinic</b>	Breakfast 8:30 AM Lunch 12:00 PM Euchre 1:30 PM <b>TLP-Pasta</b>	Art Group 9:00 AM Bridge 1:30 Shuffleboard 1:30 Pepper 7:00	Darts 1:30 PM Cribbage 2:00 PM Line Dancing 7:00 PM <b>Valentine's Lunch and Card Party</b>	Yoga 10:00 AM Pepper 7:00 PM	
17	18	19	20	21	22	23
Pepper 2:00 PM	<b>Family Day CLOSED</b>	Breakfast 8:30 AM Lunch 12:00 PM Euchre 1:30 PM <b>TLP-Potluck</b>	<b>C &amp; C 10 am Topic: "Health Hazards In The Home." +Reg. Daily Sched.</b>	Darts 1:30 PM Cribbage 2:00 PM Line Dancing 7:00 PM	Yoga 10:00 AM Pepper 7:00 PM	
24	25	26	27	28		
Pepper 2:00 PM	Line Dancing 9:00 AM Sewing Group 10:00 AM Bridge 12:30 PM UNO 2:00 PM	Breakfast 8:30 AM Lunch 12:00 PM Euchre 1:30 PM <b>TLP-Roast Beef</b>	Art Group 9:00 AM Bridge 1:30 Shuffleboard 1:30 Pepper 7:00	Darts 1:30 PM Cribbage 2:00 PM Line Dancing 7:00 PM		

 *Valentine's Day*

*Lunch*

*&*

*Party*

*February 14th*

*12:00 noon.*



*A special Valentine Lunch followed by games.*

*Lunch served at noon.*

*Cost \$10. Special prizes.*

*A wide variety of games will be played*

*Pepper, Cribbage, Beanbag Baseball*

*Tickets available until Feb. 11. Bring your friends*



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# HAPPY BIRTHDAY

## TO OUR MEMBERS

### JANUARY

DUNDAS, HAROLD	15
LEACH, JOHN	16
DORSCH, ANN	17
WIPER, HELEN	17
SALDER, MONIQUE	18
BONKINK, RUTH ANN	19
HILDERBRANDT, HENRY	20
BALDCKOCK, BOB	22
GAUVIN, DENIS	24
HONEY, GARY	26
DEWAELE, SOLANGE	27
MILLS, APRIL	30
WHITTLE, BARBARA	30

### FEBRUARY

GOW, CAROL	3
JAKOB, DELORES	3
SHUSTER, LILY	3
GILLANDERS, HELEN	7
HARRIS, FLOYD	11
JANIK, LENA	11
ROSS, MARLENE	12
SLAVIK, HELEN	12
GRANT, GALE	14
HALEY, VICKIE	17
SELLIK, GLENN	19
McMULLIN, GARRY	24
METZ, RON	24
WEBSTER, ISABELLE	24
LINNER, SOPHIA	25
THORPE, RICK	25
SANFORD, PAT	26
GEORGES, JOE	28



## WELCOME NEW MEMBERS

**Monique Sadler**  
**Joan McDonald**  
**Pat Howe**  
**Dale Smith**  
**Peter Van Zetten**  
**Aline McCabe**  
**LeRoy Davison**

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

## IN REMEMBRANCE

**Bea Robinson**

**PLEASE TELL THE ADVERTISERS THAT YOU SAW THEM IN CENTRE'S CHATTER!**

**VOLUNTEERS  
NEEDED**



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OFFICE  
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***Band at Dec 4th Christmas Concert & Dinner***

# UPCOMING EVENTS

## COFFEE AND CONVERSATION

Join us for this interesting program at our Centre. We have an opportunity to meet the third Wednesday of each month for a chance to discuss issues important to older adults in an informal setting around the table with coffee and cookies. We host a guest speaker from various organizations in the area. "Health Hazards in the Home" – presented by Rob Shaw, Client Services for Qualicare Family HomeCare on February 20 @ 10:00 a.m.

## FUNDRAISERS

We are busy with many Holiday events. We begin with a Chili Cook-Off on Sat. Jan 12 and a special Valentine's Day Luncheon followed by many games on February 14. We have special prizes to be awarded for the 14th event.

PLEASE ATTEND AND HELP SUPPORT OUR FUNDRAISERS!

## 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. Join the group at 4:30 pm on Thursday, January 10 at Jose's, or on February 7 at Joey's, Leamington. 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 carpool.

**PLEASE HELP TO SUPPORT OUR EVENTS  
AND  
FUNDRAISERS**

# 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 Karen Pouget** 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!**

## VOLUNTEERS NEEDED

The Canadian Transportation Museum and Heritage Village is actively seeking volunteers to help in our 50's Diner, as well as for other special events. We hold our regular Thursday night cruise-ins every Thursday all summer long from 5-8 pm. If interested in volunteering please call **Becca at 519-776-6909**.

## NEWS BOARD

Watch the board for POSTING OF EVENTS which are scheduled after the printing of the newsletter. Or visit our web site and click on Events Calendar.

## 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.**

# You're Invited!

Join us for Yoga

10:00 - 11:00 Fridays

🧘 Sleep a bit later; then join us for Slow 🧘  
and Stretchy Chair Yoga.

🧘 We begin stretching in our chairs, then do some 🧘  
standing movements including basic yoga poses.

🧘 Some remain seated and others move to mats 🧘  
for final stretches and resting.

🧘 After class many of us gather for coffee 🧘  
at a local restaurant and socialize.

🧘 Come to the centre for yoga and join other people 🧘  
who want to keep moving gently all winter!

Facilitated by: Lane Ledoux



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exceptional service,  
comfort & security  
together.



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