

# CENTERS' CHATTER

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

March | April  
2025

According to Miriam Webster the definition of food is: "material containing or consisting of carbohydrates, fats, and proteins used in the body of an animal to sustain growth, repair, and the vital processes and to provide energy." Without food we would cease to exist.

There is more to food than just the basic components. There are the social, emotional and communal aspects without which we would also fail to thrive. One of the most wonderful things about food and cooking is the power it has to recall different memories and transport us to different moments in time.

Whether it's that road trip that you went on with friends, the restaurant where you had your first date, or that time spent in Grandma's kitchen when you were ten, the sensory aspect of smelling, seeing, touching, and tasting our food holds immense power. It can actually make us feel as though we are back in that one place, that exact time, savouring every little bit of the magical moment when we took that special bite.

My goal, when creating the menu for lunch is to find those entrees, sides, potatoes, and desserts that will take you back to those special places and fill you with love and happiness. I try to make you feel nostalgic, to recall fondly those happy memories and then hopefully you share them with those at your table. It is this sharing of these happy memories that creates bonds of friendship and builds our sense of community. All this happens when we gather together around the table.

However, for me, the feelings do not stop there. I must admit that cooking for you brings me great joy. As soon as I dig my hands into the flour, start peeling those potatoes and rhythmically chopping

the carrots, the world slows down and I fill with peace. Serving you the fruits of my labour, watching you enjoy your meal and hopefully reminisce about a fond memory gives me great joy. It is ours, (the lunch team's) pleasure to serve you.

So, if there is a particular meal, side, or dessert that you would like to have again, please feel free to come and talk to me. I can't make any promises that I can make it or that if I do I'll get it right, but I promise to see what I can do. In the meanwhile, enjoy your lunch, enjoy your company, make new memories and care for each other. From the Kitchen~ "Miss Laura" Dunn

## Sunny Morning In Sweden



*By:- Tony Collings*

# THE LEAMINGTON AND DISTRICT HALF-CENTURY CENTRE

A member of the Older Adult Centres' Association of Ontario

From the Executive Director – Christine Lehn

Spring is finally here. Welcome back to all of our snowbirds who missed a snowy winter. As we turn our attention to Spring, there are plenty of items to mark on our calendars. On March 15, we will have our annual St. Patty's Dinner and in April the Baileys are returning for a concert. Please get your tickets early as I need to order the meat. We will be going to our first Petrolia trip on May 17, Rockin the 50s. I have to pay for the tickets by April 15. Sign up as soon as you can.

March and April are tax season. We will be accepting tax forms beginning March 11 for our volunteers to prepare. March 31 marks our year end. Membership fees are still \$45 annually and need to be paid at that time. As we prepare for our Annual General Meeting in June, we accept nominations for new Board members. Every year we need 3 new members for a 3 year term. Have your say on how the Centre is run. Join the board. We are also looking for volunteers to work bingos. A session is only 2 1/5 hours. Come talk to me for details.

Every second Wednesday each month at 10 am, the Seniors Advisory Committee holds an informative event. In March, Simon Yared will be here talking about talks about Wills and POA's. In April, representatives from Hospice will speak to us regarding services and grief counselling. This is open to the public so spread the word.

Derek Parry is working on a book about Near Death Experiences. He is inviting you to come and have an open discussion on this topic. He will be holding three sessions at the Centre

## BOARD OF DIRECTORS 2024-2025

PRESIDENT - George Clark  
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VICE PRESIDENT - Larry Hillman  
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Homer Vandervecht

EXECUTIVE DIRECTOR - Christine Lehn  
JANITOR - Darren King  
BOOKKEEPER - Pam Chausse

## REGULAR PROGRAMS & EVENTS

RECREATION: Art Group, Band Practice, Bridge (Contract & Duplicate,) Cornhole, Cribbage, Darts, Euchre, Line Dancing, Pepper, Pool, , 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)  
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 a year. Please contact us if you have comments, contributions, or if you would like to purchase advertising, or be a distributor of our newsletter.

## SOCIAL SERVICES:

Blood Pressure Clinics  
Diabetes Cooking Classes  
Foot Clinic  
Grief Share Classes  
Income Tax Clinics  
Serco Drive Test  
Parkinson's Exercise & Support Group  
Guest Speakers on Senior's Issues

160 Talbot Street East  
Leamington, ON N8H 1M2

Phone: 519- 326-2521 Fax: 519-326-2348  
E-mail: halfcenturycentre@cogeco.net

Web: www.halfcenturycentre.ca

Office Hours: Monday to Friday 8:30 a.m. To 4:30 p.m.



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## REGULAR CENTRE ACTIVITIES

ART GROUP	WEDNESDAY	9:00 am.
BAND PRACTICE (Musical G's)	WEDNESDAY (call office for location)	10:00 am.
BRIDGE (Duplicate)	MONDAY & FRIDAY	12:30 pm.
BRIDGE (Contract)	WEDNESDAY	1:30 pm.
CORNHOLE	WEDNESDAY	1:30 pm.
CRIBBAGE	THURSDAY	2:00 pm
DARTS	THURSDAY	2:00 pm.
DRUMFIT	MONDAY	1:30 pm
EUCHRE	TUESDAY	1:30 pm.
LINE DANCING	MONDAY & THURSDAY	9:00 am. 7:00 pm.
PEPPER	SUNDAY WEDNESDAY & FRIDAY	2:00 pm. 7:00 pm. 7:00 pm.
POOL ROOM	MONDAY - FRIDAY	8:30 am. to 4:15 pm.
QUILTING GROUP	MONDAY	9:00 am.
SHUFFLEBOARD	FRIDAY	1:30 pm.
YOGA	FRIDAY TUESDAY	9:30 am. 1:30 pm.

## REGULAR PROGRAMS

### DRIVE TEST G1 & G2

Eye/Written & Road Test

4th Tuesday Monthly at 9 am-12 noon and 1pm-4 pm  
For road test appointments please call 1-888-570-6110;  
**do not call the centre.**

### PARKINSONS EXERCISE & SUPPORT GROUP

Tuesdays 10:30 am.

### VOLUNTEER INCOME TAX CLINIC FOR LOW INCOME

### TUESDAY LUNCH PROGRAM

Home-cooked meals at a great price. Enjoy our friendly service and comfortable atmosphere. Lunch is served at 12 noon and cost is \$10 per person. Meals include an entrée, vegetables, salad, bread roll, dessert, and tea or coffee. Chartwell Retirement Residence and Rosewood Erie Glen

We will not be hosting potluck lunches until further notice.

Please call the office at 519-326-2521 for the week's menu, and to be added to the list the Friday 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.

We will not accept any walk-ins. Space is limited.

## Lunch Menu

March 4	Pasta	April 1	April Fools Special
March 11	Chicken Divan	April 8	Soup and Sandwiches
March 18	Pulled Pork	April 15	Liver & Onions
March 25	Beef Stew	April 22	Meatloaf
		April 29	Cabbage Roll Casserole

Please support our advertisers.  
Let's help each other.

# St. Patrick's Day

March 15th, 2023

Leamington Half Century Centre

**Please purchase  
your tickets by  
March 7th**

**Cost  
\$20.00**

**Corn Beef & Cabbage Dinner  
entertainment at 4:00.**

**Followed by a sit down dinner  
at 5:00 pm,**



# SPRING FASHION SHOW

Wednesday April 16

Noon

Cost \$15.00

Get your tickets by April 8



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**519 712 8533**

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# ROCKIN' the '50s

Saturday,  
May 17th  
\$110.00

## VICTORIA PLAYHOUSE PETROLIA



" Rockin' the '50s"



Tickets include transportation and the show. We will be departing from Half Century Centre at 9:45 AM. We'll stop at restaurant for lunch which is not included. Tickets are limited! Please sign up 1 month in advance!

# REGULAR CENTER ACTIVITIES - MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Pepper Tournament
2	3	4	5	6	7	8
		Lunch: Pasta Must sign up by previous Thursday				Pepper Tournament
9	10	11	12	13	14	15
		Lunch: Chicken Divan Must sign up by previous Thursday	Seniors Advisory Committee Event 10 :00 am			St. Patty's Dinner
16	17	18	19	20	21	22
		Lunch:Pulled Pork Must sign up by previous Thursday				
23	24	25	26	27	28	29
		Lunch: Beef Stew Must sign up by previous Thursday				
30	31					



# REGULAR CENTER ACTIVITIES - APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Lunch: April Fools Special Must sign up by previous Thursday				Pepper Tournament
6	7	8	9	10	11	12
		Lunch: Soup and Sandwiches Must sign up by previous Thursday	Seniors Advisory Committee Event 10 :00 am			Pepper Tournament
13	14	15	16	17	18	19
		Lunch: Liver & Onions Must sign up by previous Thursday	Fashion Show Noon		Good Friday Closed	
20	21	22	23	24	25	26
Easter	Easter Monday Closed	Lunch:Meatloaf Must sign up by previous Thursday				Bailey's Concert 3:00 p.m.
27	28	29	30			
		Lunch:Cabbage Roll Casserole Must sign up by previous Thursday	Lunch Hamburgers			

## Regular Weekly Activities

Pepper 2:00	Line Dancing 9:00 Sewing Group 10:00 Bridge 12:30 Drumfit 1:30	Lunch - Noon Euchre 1:30 Yoga 1:30	Art Group 9:00 Bridge 1:30 Pepper 7:00 Cornhole 1:30	Darts 2:00 Cribbage 2:00 Line Dancing 7:00	Yoga 9:30 Bridge 12:45 Pepper 7:00 Shuffleboard 1:30
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# Happy Birthday

## March

Paul Godfree	3	Jill Hyatt	20
Dave Knight	3	Craig Canniff	21
Nicole Lockson	4	Nancy Springthorpe	21
Grant Ewen	6	Pauline Milolash	22
Barb Haas	6	Joyce Wiper	25
Valerie Gurskie	8	Don Jackson	25
Dennis Tatomir	9	Cathy Coulter	27
Shelley Miguel	10	Sally LePla	29
Pat Hamelin	11	Richard Poisson	30
Alan Antoniuk	13	Marj Vandenbrande	30
Debbie Clinton	16		
Andy Carruthers	17		
Larry Hillman	17		
Rita Breault	18		
George Clark	20		

## April

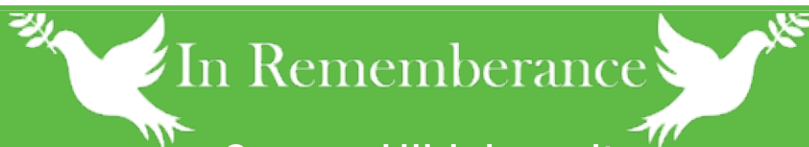
Aline McCabe	2	Elsie Hutchins	18
Bonnie McKendry	5	Daveid Thibert	18
Derek Parry	6	Jan Bonkink	19
Lorelee Cunliffe	7	Sharon Clark	23
Ray Fournier	7	Donna Marley	24
Mike Piron	8	Velma Hope	24
Elaine Dunford	9	Deborah Meadows	25
Judith DeQuartel	10	Mary Almasi	26
Lionel Aasen	10	Paul Schumacher	26
Jeff Dunn	11	Nancy Moody	27
Gord Authier	12	Ron Simpson	28
Carolyn Coad	13	Cliff Hartwick	29
Ann Evers	16	Rose Foldesi	30
Irene Darowski	17		
Bill Gough	17		

## Welcome New Members

Debbie Mastronardi	Tim Mousseau
Alan Antoniuk	Dan Metcalfe
Alex Shaw	Ken Martiniuk
Carol Vandervecht	Dave Bretzlaff
Riuchard	Linda Lavender
Vandervecht	Mary Ware
Nicole Lockson	Robert Tatomir
Donna Bileti	Brian Bartman
Mike Ciacelli	

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.

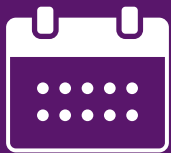


George Hildebrandt  
Vicky Robinson  
Rick Epplett



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# GET THE FACTS, GIVE US YOUR OPINION

### NEAR DEATH EXPERIENCES

What is a near death experience? Have you ever had one? Do you believe there is life after death? What does the science say?





Derek Parry is doing research for a book on this topic. This is an invitation to explore what is often experienced in a near death experience, like a review of your life giving you new confidence and insights about your future.



The important image in this photo is the butterfly. Not the Caterpillar, nor the Chrysalis but the Butterfly. Not the child that was, nor the adult that is, but the spirit that is growing.

### WHERE AND WHEN

Join Derek Parry at the Half Century Centre to learn the facts about life after death and discuss your opinion and feelings about it. Thursday March 20, 27 and April 3 at 10 am. We'll finish each session by 11:30.

Myrtle Beach  
March 8-16  
Dbl \$2,099

Nashville Weekend  
April 24-27th  
Dbl \$1,279

Outer Banks, N.C.  
May 17-23  
DBL \$2,299

Newfoundland  
July 10-15  
DBL \$7,199

Gettysburg – Washington  
Oct. 5-9  
\$1,765 DBL

Day Tours  
Herman's Hermits  
April 28  
\$ 115

Lee Greenwood  
June 23 \$ 115

Jesus Christ Superstar  
June 25 \$ 205

Grease  
July 9 \$ 246

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**Presents**



# **A Concert with The Bailey's**

**Saturday, April 26**

**Concert begins at 3:00 p.m.**

**Chicken Dinner at 5:00 p.m.**

**Cost: \$20.00**

**Please purchase tickets by April 17**

# LEND A HAND

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### FOR VOLUNTEERS

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- ✓ FAMILY AND GROUP OPPORTUNITIES.
- ✓ CONTRIBUTE TO YOUR COMMUNITY AND BUILD CONNECTIONS WITH THOSE YOU HELP.

As spring nears, we're committed to keeping our community safe and accessible. To help with this, we're offering yard clean up assistance and are looking for volunteers to join the effort.

Seniors must complete an intake to receive yard work services.

Volunteers will be matched with seniors in their area. Great for families, youth, and all ages.

For more information on how to apply or volunteer:

📞 519-326-8629 ext 359

✉ [homstead@secc.on.ca](mailto:homstead@secc.on.ca)

🔗 [secc.on.ca/seniors/lend-a-hand](https://secc.on.ca/seniors/lend-a-hand)

# SENIOR EVENT

HOSTED BY  
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SUPPORT**

DATE



**APRIL 9**

**START FROM 10 - 11 AM**

DATE



**MARCH 12**

TIME

**START FROM 10 - 11 AM**

LOCATION

**HALF CENTURY CENTRE  
160 TALBOT ST E, LEAMINGTON**

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OUTSIDE  
THE BOX**



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