



Kiwanis Community Centre
 111 Lakeside Drive
 P.O. Box 874
 Stratford, ON N5A 6W3
 519.271.4310
 www.stratfordactiveadults.ca



MAY & JUNE 2017 BULLETIN

PRESIDENT'S MESSAGE, Steve Kropf



For me, spring is a time to reflect and think about the future. As Canadians, this year is special to us. We celebrate our 150th anniversary, and I'm always happy to see gratitude for the benefits of being Canadian. I'm equally proud to boast how wonderful it is to live in Stratford. Our small town is charming and vibrant, and there are so many recreation programs, parks and festivals to enjoy throughout the year. This season is no exception for our Association. The District 29 Games is upon us, and our Senior Games Committee is hosting three of the over 20 games in May and June. Our co-ed slo-pitch league will

start back up in mid-May at Packham Sportsplex, and our Travel Committee has an exciting Travel Open House planned for May 5th.

Our Special Events Committee has been hard at work preparing a barbeque and talent show on June 5th, and for those that have been waiting for a tour and tasting of Stratford's newest gin distillery, I urge you to purchase your front row seat for 'Gin Time' at Junction 56 on May 31st.

S.L.A.A. remains a crossroads for active adults to socialize, meet new friends and have joyful experiences. As you reflect on how you spend your time with us, I am grateful to you for continuing to support all we have to offer.

UPCOMING BUS TRIPS

Fallsview Casino, Niagara Falls	Monday May 8, 2017
Wings, Whiskey, Wine Mystery Trip	Monday June 5, 2017
Fallsview Casino, Niagara Falls	Monday June 12, 2017
Overnight Trip to Ottawa	Friday June 30 – Sunday July 2, 2017

SPECIAL EVENTS, SEMINARS AND INSTRUCTIONAL CLASSES



YOGA, with Brad Seftel – All Abilities

Date: Thursdays, starting May 4, 2017
 Time: 9:30 – 10:15am
 Cost: \$40/member/5-visit card or \$10/member/single admission
 Location: Kiwanis Community Centre, Room F
 Registration: Pre-register at the Kiwanis Community Centre, 519-271-4310.

Join Brad Seftel, certified yoga instructor for a well-balanced weekly yoga class. Practice postures that facilitate balance and coordination, strength and mobility with a running theme of mindful breathing throughout.

District 29 Summer Games (55)

Don't forget to sign up for the 55+ Games, playing in May and June. Registration forms are available in the office. Join in the fun with other active adults from Huron, Perth and Middlesex counties. Our Association is scheduled to host pickleball, slo-pitch and crokinole. Come out and support our active participants.

CALENDAR OF SPECIAL EVENTS

May 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <u>9:30am</u> Special Events Mtg. <u>12noon</u> Wheels to Meals	3 <u>9:00am</u> Foot Care Clinic	4 <u>9:30am</u> Yoga	5 <u>9:00am</u> Travel Mtg. <u>1:00pm</u> Travel Open House	6
7	8 <u>9:00am</u> Fallsview Casino	9	10 <u>9:00am</u> Foot Care Clinic	11 <u>9:30am</u> Advisory Mtg. <u>9:30am</u> Yoga <u>9:30am</u> Sr. Games Mtg.	12 <u>10:00am</u> Cribarama / Euchreama	13
14	15 <u>9:30am</u> Executive Mtg.	16 <u>12noon</u> Wheels to Meals <u>9:30am</u> Blood Clinic	17 <u>9:00am</u> Foot Care Clinic	18 <u>9:30am</u> Yoga <u>7:00pm</u> Bingo	19	20
21	22	23	24 <u>9:00am</u> Foot Care Clinic	25 <u>9:30am</u> Yoga	26 <u>10:00am</u> Pepperama	27
28	29	30	31 <u>9:00am</u> Foot Care Clinic <u>3:00pm</u> Gin Time Tour			

June 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>9:30am</u> Yoga	2 <u>9:00am</u> Travel Mtg.	3
4	5 <u>8:00 am</u> Mystery Trip <u>11:45 am</u> BBQ & Talent Show	6 <u>9:30am</u> Special Events Mtg. <u>12noon</u> Wheels to Meals	7 <u>9:00am</u> Foot Care Clinic	8 <u>9:30am</u> Yoga	9 <u>10:00am</u> Cribarama / Euchreama	10
11	12 <u>9:00am</u> Fallsview Casino	13 <u>9:30am</u> Senior Games Mtg.	14 <u>9:00am</u> Foot Care Clinic	15 <u>9:30am</u> Yoga <u>7:00pm</u> Bingo	16	17
18	19 <u>9:30am</u> Executive Mtg.	20 <u>9:30am</u> Blood Clinic <u>12noon</u> Wheels to Meals	21 <u>9:00am</u> Foot Care Clinic	22 <u>9:30am</u> Yoga	23 <u>10:00am</u> Pepperama	24
25	26	27	28 <u>9:00am</u> Foot Care Clinic	29	30 <u>8:00am</u> Ottawa Trip	

DAILY EVENTS

Mondays

9:00 Billiards
9:00 Woodcraft
9:00 Line Dancing (Intermediate)
9:00 Pickle Ball at Agriplex
9:30 Pepper
9:30 Winter Golf – Allman Arena
10:30 Line Dancing (Beginner)
11:15 Fitness
1:00 Shuffleboard
1:00 Contract Bridge
1:30 Bowling at Mikes Lanes
7:00 Crokinole

Tuesdays

9:00 Billiards
9:00 Woodcraft
9:00 Lapidary
9:00 Pickle Ball at Agriplex
9:30 Wii Sports
9:30 Winter Golf–Allman Arena
10:00 Tai Chi
1:00 UFO Craft Club
1:15 Recreational Euchre
7:00 Duplicate Bridge

Wednesdays

9:00 Billiards
9:00 Woodcraft
9:00 Pickle Ball at Agriplex
9:30 Winter Golf–Allman Arena
10:00 Keep Fit
11:15 Fitness
1:00 Contract Bridge
1:00 Carpet Bowling
1:30 Solo
6:00 Shuffleboard

Thursdays

9:00 Billiards
9:00 Woodcraft
9:00 Painting for Pleasure
9:00 Pickle Ball at Agriplex
9:30 Winter Golf – Allman Arena
10:00 Tai Chi
1:00 Skating at Rotary Complex
1:30 Cribbage

Fridays

9:00 Billiards
9:00 Woodcraft
9:00 Lapidary
9:00 Pickle Ball at Agriplex
9:30 Winter Golf–Allman Arena
10:00 Keep Fit
11:15 Fitness
1:00 Contract Bridge

Saturdays

7:00pm Euchre

SPECIAL EVENTS, SEMINARS AND INSTRUCTIONAL CLASSES

Travel Open House: Celebrating Canada

Date: Friday, May 5, 2017
Time: 1:00 – 3:00pm
Cost: Free
Location: Kiwanis Community Centre, Hall
Registration: Not required.

We want to thank those who have traveled with us! Join us for a short presentation on upcoming trips, a fashion show hosted by Cozyn's Garden Gallery, and suitcase packing demonstration. Light refreshments will be served.

'Gin Time' at Junction 56 Distillery

Date/Time: Wednesday, May 31, 2017
Time: 3:00 – 5:00pm
Cost: \$5/member
Location: Junction 56 at 45 Cambria Street, Stratford
Registration: Pre-purchase tickets at the Kiwanis Community Centre, 519-271-4310.

Join us for a tour and tasting session at Stratford's newest distillery, Junction 56. Enjoy appetizers, door prizes and social time. Sponsored by the Special Events and Fundraising Committee. Only 40 tickets available for this event.

BBQ and Talent Show

Date: Monday, June 5, 2017
Time: 11:45am – 3:30pm
Cost: \$8/person (meal and entertainment) or \$5/person (entertainment only)
Location: Kiwanis Community Centre, Hall
Registration: Deadline to purchase tickets is June 1st at the Kiwanis Community Centre, 519-271-4310.

Co-ed Slo-Pitch

Date: Tuesdays and/or Thursdays, mid-May to September
Time: 9:00 – 11:00am
Cost: \$5/member
Location: Packham Sportsplex, Packham Road
Registration: Pre-register in the main office at the Kiwanis Community Centre, 519-271-4310.

The Association has 3 different co-ed slo pitch teams for members to participate. First practice starts May 2nd. Interested players, returning and new, are asked to register in the main office of the Kiwanis Community Centre.

Foot Clinics

Date: Wednesdays
Time: 9:00am – 4:00pm
Cost: \$27/person
Location: Kiwanis Community Centre
Registration: Pre-register in the main office at the Kiwanis Community Centre, 519-271-4310.

Blood Pressure Clinics

Free of charge. Held every third Tuesday from 9:30am – 12:00pm.

ABOUT US: STRATFORD LAKESIDE ACTIVE ADULTS ASSOCIATION

We provide a focal point where people 55 years of age and older gather as individuals or groups to participate in activities and access services that provide enjoyment and encourage the concept of wellness.

Centre Location: Kiwanis Community Centre, 111 Lakeside Drive, P.O. Box 874, Stratford, ON N5A 6W3
Office Hours: Monday through Friday, 8:30am – 12:00pm and 1:00 – 4:30pm.
Building Hours: Monday through Friday, 8:00am and will close at 4:30pm on evenings with no rentals.
Saturday, 6:30 – 10:30pm. Sunday, 10:00am – 12:00pm
Contact Us: 519-271-4310 or www.stratfordactiveadults.ca

For Your Information

All of the information you require as a member of the Stratford Lakeside Active Adults Association is available inside the eastern entrance of the Kiwanis Community Centre, 111 Lakeside Drive. In this area, members will find the following:

- **Bulletin Board** Posters for upcoming special events and day trips are displayed in this area.
- **Brochure Racks** Bi-monthly bulletins, trip flyers and other program and service information.
- **Attendance Book** Members are required to sign in each time they use the facility.
- **Day Activity Schedule** Listed on the electronic display in the front entrance.

Getting Here: Transit

Stratford Transit has a stop directly across from the Kiwanis Community Centre on Lakeside Drive.

2017 S.L.A.A.A. Board of Directors (Executive)



President
Vice President
Secretary
Treasurer

Steve Kropf
Sam Moore
Millie Westley
Doreen Alexander

Directors

Russ Diamond
Howard Famme
Barbara Flanagan
Grant Hernden
Marlene Wivell