



**Kiwanis Community Centre**  
 111 Lakeside Drive  
 P.O. Box 874  
 Stratford, ON N5A 6W3  
 519.271.4310  
[www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca)



**SEPTEMBER & OCTOBER 2017**

**REGISTER FOR PROGRAMS AND MEMBERSHIPS ONLINE!**

New this fall, we're offering our members the ability to pay for programs and memberships online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca). Here's how you can take advantage of it . . .

At the time when you purchased your membership with us last year, we created a new account for you in our recreation registration system. For those who provided us with an email address at membership registration, we will use that address to send an email in early September with instructions on how log in and purchase programs and memberships online.

Should you require any technical support in logging into your account and making purchases, or wish to provide us with an updated email address to add to your account, please contact our office at 519-271-4310 during regular business hours. **We do not give or sell email addresses to any third party.**

**ACTIVE ADULT (55+) TRAVEL, AT A GLANCE**

Toronto Blue Jays vs. Detroit Tigers, Toronto  
 Fallsview Casino, Niagara Falls  
 Mohawk Raceway & Outlet Shopping, Milton  
 McMichael Gallery & Fall Colours, Kleinburg  
 Fallsview Casino Overnight, Niagara Falls  
 'One of a Kind' Christmas Show, Toronto  
 Casino Point Edward, Sarnia  
 Christmas Lights Tour, Simcoe/Delhi

Sunday, September 10, 2017  
 Monday, September 25, 2017  
 Monday, October 2, 2017  
 Wednesday, October 18, 2017  
 November 6 - 7, 2017  
 Monday, November 27, 2017  
 Monday, December 4, 2017  
 Wednesday, December 6, 2017



NEW! All travel requires pre-registration and payment at the time of booking. If you're interested in traveling with us, please register in office (KCC) or online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca). We accept cash, cheque, credit card, debit.

**NEW EDUCATIONAL COURSES THIS FALL!**



**iPad 101: October & November Sessions**

Date: Thursdays, October 5, 12, 19 and 26, 2017 | November 9, 16, 24, 30, 2017  
 Time: 3:30 – 4:30pm  
 Cost: Free  
 Location: Stratford Public Library, Auditorium  
 Registration: Pre-register in office (KCC) or online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca).

Due to the popular "Introduction to iPad Tablet" course held in February 2017, we are thrilled to offer another series. Our partners, the Stratford Public Library, Stratford Police Services and Stratford Central Secondary School will lead a multi-generational training session on how to use iPads. You will pair up with a teen mentor, and learn the basic function and features of an iPad. Bring your own iPad or use one on loan from the library. **Both October and November sessions are identical. Participants must commit to attending all 4 weeks of the chosen session.**

**CALENDAR OF SPECIAL EVENTS, COURSES & SERVICES**

September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00am Travel Mtg.	2
3	4 Labour Day Closed	5 9:30am Sp. Events Mtg. 12:00pm Wheels to Meals	6 9:00am Foot Care Clinic	7 9:30am Yoga	8 10:00am Cribarama/ Euchreama	9
10 9:00am Blue Jays	11 9:00am Foot Care Clinic	12 9:30am Sr. Games Mtg.	13 9:00am Foot Care Clinic 10:00am Keep Fit Starts	14 9:30am Advisory Mtg. 9:30am Yoga	15	16
17	18 9:00am Foot Care Clinic 9:30am Executive Mtg.	19 9:30am Blood Clinic 12noon Wheels to Meals 2:00pm Memories India	20 9:00am Foot Care Clinic 11:00am LivFit Starts	21 9:30am Yoga 7:00pm Bingo	22 10:00am Pepperama	23
24	25 9:00am Foot Care Clinic 9:00am Fallsview Casino	26	27 9:00am Foot Care Clinic 11:00am LivFit Exercise	28 9:30am Yoga	29	30

October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00am Mohawk Raceway	3 9:30am Sp. Events Mtg. 10:00am Bridge Starts 1:30pm Painting Starts	4 11:00am LivFit Exercise	5 9:30am Yoga	6 9:00am Travel Mtg.	7
8	9	10 12noon Wheels to Meals 9:30am Sr. Games Mtg.	11 9:00am Foot Care Clinic	12 9:30am Yoga	13 10:00am Cribarama / Euchreama	14
15	16 9:30am Executive Mtg. 9:00am Pickelball Starts	17 9:30am Blood Clinic	18 9:00am Foot Care Clinic 9:30am McMichael Trip 11:00am LivFit Exercise	19 9:30am Yoga 1:30pm Walking Starts 7:00pm Bingo	20	21
22	23 9:30am Executive Mtg.	24 12noon Wheels to Meals	25 9:00am Foot Care Clinic 11:00am LivFit Exercise	26 9:30am Yoga	27 10:00am Pepperama	28
29	30	31				

## DAILY EVENTS

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### **Mondays**

9:00 Billiards  
9:00 Woodcraft  
9:00 Line Dancing (Intermediate)  
9:00 Pickleball at Agriplex  
9:30 Pepper  
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 Pickleball at Agriplex  
9:30 Wii Sports  
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 Pickleball at Agriplex  
10:00 Keep Fit (start Sept 13)  
11:00 LivFit Exercise (start Sept 20)  
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 Pickleball at Agriplex  
9:30 Yoga  
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 Pickleball at Agriplex  
10:00 Keep Fit  
11:15 Fitness  
1:00 Contract Bridge

### **Saturdays**

7:00pm Euchre

## SPECIAL EVENTS & SEMINARS

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### **Memories from India, with Trudy Jonkman**

Date: Tuesday, September 19, 2017  
Time: 2:00 – 3:30pm  
Cost: Free  
Location: Kiwanis Community Centre, Conference Room  
Registration: In office (KCC) or online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca)

Trudy Jonkman, Chair of our Travel Committee recently returned from a three-week tour of India as a volunteer for the Sleeping Children Around the World. Community leader and advocate Sue Orr was the mission's team lead. Trudy and Sue had many unforgettable experiences, revealing India as a land of fascination and a world of contrasts. Join Trudy and Sue as they recount their journey and how they supported the children in India.

### **How the GTR and the CNR helped to "make" Stratford, with Dean Robinson**

Date: Wednesday, November 8, 2017  
Time: 3:00 – 4:30pm  
Cost: Free  
Location: Kiwanis Community Centre, Room GH  
Registration: In office (KCC) or online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca).

All aboard! Listen to local historian Dean Robinson tell stories about how the Grand Trunk and Canadian National Railways, in a variety of ways, helped make Stratford the city it is today. Refreshments provided.



“Nice iron. Your wife will love it. While I wrap it, you might want to go over to sporting goods and pick out a helmet.”

### **Christmas Gift Wrapping – Volunteers Needed!**

Date: Throughout December  
 Time: Single or multiple shifts available  
 Location: Festival Marketplace Shopping Centre  
 Registration: Contact Karen at 519-271-2290 or [karen.mahovlich@on.sja.ca](mailto:karen.mahovlich@on.sja.ca).

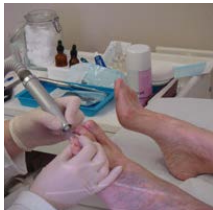
Jokes aside, there are a lot of people who need help wrapping Christmas presents. If this is something you are good at, consider helping out at our Gift Wrapping Fundraiser at the Festival Marketplace during the month of December.

Choose from single or multiple shifts. Socialize with fellow wrappers, and enjoy the hustle and bustle of the holiday as last-minute shoppers buzz around you.



### **Blood Pressure Clinics**

Date: 3rd Tuesday of the Month  
 Time: 9:30am – 12:00pm  
 Cost: Free  
 Location: Kiwanis Community Centre, Library  
 Registration: Not required. Just walk in!



### **Foot Care Clinics**

Date: Mondays and Wednesdays  
 Time: 9:00am – 4:00pm  
 Cost: \$27/member  
 Location: Kiwanis Community Centre, Library  
 Registration: In the main office (KCC) or by calling 519-271-4310.



### **Wheels to Meals**

Date: 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the Month  
 Time: 12:00pm  
 Cost: \$9.25/member  
 Location: Kiwanis Community Centre, Auditorium  
 Registration: In the main office (KCC) or online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca).

## **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.  
 Contact Us: 519-271-4310 or [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca)

### **Getting Here: Transit**

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

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

<b>President</b>	Steve Kropf	<b>Directors</b>	Russ Diamond
<b>Vice President</b>	Sam Moore		Howard Famme
<b>Secretary</b>	Millie Westley		Barbara Flanagan
<b>Treasurer</b>	Doreen Alexander		Grant Hernden
			Marlene Wivell

## HEALTHY ACTIVE AGING ACTIVITIES & PROGRAMS

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### **YOGA with Brad Seftel – All Abilities**

Date: Thursdays  
Time: 9:30 – 10:15am  
Cost: \$40/member/5-visit card or \$10/member/single class  
Location: Kiwanis Community Centre, Room F  
Registration: In office (KCC) or by calling 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 mindful breathing.



Photographs by S.L.A.A.A. member, Scott Wishart. For more photos, visit [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca).



### **'LivFit' Exercise Class with Diane Hernden – All Abilities**

Date: Wednesdays, starting September 20, 2017 (date exceptions apply)  
Time: 11:00am - 12:00pm  
Cost: \$35/member/5-visit card or \$10.00/member/single class  
Location: Kiwanis Community Centre, Auditorium  
Registration: In office (KCC) or by calling 519-271-4310.

Curious what LivFit is all about? Attend our free class on September 20<sup>th</sup> to find out more! Diane will lead you through a safe and effective group exercise program to increase muscle strength and balance. Lots of laughs in a friendly atmosphere that celebrates individual strengths and abilities.



Photographs by S.L.A.A.A. member, Scott Wishart. For more photos, visit [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca).



### **'Keep Fit' with Tini – All Abilities**

Date: Wednesdays and Fridays, starting September 13, 2017  
Time: 10:00 – 11:00am  
Cost: \$10/member/5-visit card  
Location: Kiwanis Community Centre, Room CD  
Registration: In office (KCC) or by calling 519-271-4310.

## 'WELCOME BACK' FALL PROGRAMS

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### **Multi Media Painting Class**

Date/Time: Wednesdays, October 4 – November 22, 2017  
Time: 1:30 – 3:30pm  
Cost: \$50/member/8-week session  
Location: Kiwanis Community Centre, Room GH  
Registration: In office (KCC) or online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca).

Join art teacher Victoria Shannon, as she coaches art students, from beginner to advanced, on how to improve their art. Students will receive individual attention and are free to work in their own choice of watercolour, acrylic or oil. Group demos will be provided. Please bring your own art supplies.



### **Bridge Basics Advanced with Hazel Hewitt**

Date: Tuesdays, October 3 – November 21, 2017  
Time: 10:00am - 12:00pm  
Cost: \$48/8-week session/member  
Location: Kiwanis Community Centre, Room F  
Registration: In office (KCC) or online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca).

A course for those who have completed Bridge Basics 1 or have previously played bridge and would like to learn new aspects of the game. Featuring defense strategies on opening leads, second and third hand play. Text book is an additional \$25, and can be purchased from the Instructor.

### **Pickleball**

Date: Weekdays, October 16, 2017 – April 27, 2018 (date exceptions apply)  
Time: 9:00am - 12:00pm  
Cost: \$72/member/season  
Location: Burnside Agriplex Fieldhouse  
Registration: In office (KCC) or online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca).

Join this popular racquet sport combining elements of badminton, tennis and ping pong. Activity fee covers the six month indoor season. First two weeks are free! Should you choose to join the activity partway into the season, a pro-rated fee will be available.

October 16 – 31, 2017	Free
November 1, 2017 – January 31, 2018	Fee is \$72/season/member
February 1, 2018	Fee reduces to \$60/member/season
March 1, 2018	Fee reduces to \$40/member/season
April 1, 2018	Fee reduces to \$20/member/season



### **Get to 150 - Accelerated Walking Club**

Date/Time: Thursdays, starting October 19, 2017 (date exceptions apply)  
Time: 1:30 – 2:30pm  
Cost: \$10/member/5-visit card  
Location: Stratford Burnside Agriplex  
Registration: In office (KCC) or online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca).

Walk fast with friends toward the magic 150 cardio minutes of moderate intensity physical activity per week, as recommended by experts on healthy aging. Led by qualified instructors, each person will work at his/her own level, and we'll have a few laughs along the way. Instructors are Wendy McNaughton and Susan Young.