



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



JANUARY & FEBRUARY 2017 BULLETIN

UPCOMING BUS TRIPS

Brantford Casino, Brantford
Flamboro Downs, Dundas
'The Bodyguard', Ed Mirvish Theatre Toronto
Fallsview Casino – Niagara Falls
Wild Magic Show – Niagara Falls
Point Edward Casino – Point Edward
Sweet Treats – Niagara on the Lake

Monday, January 9th, 2017
Monday, February 6th, 2017
Wednesday, February 22nd, 2017
Monday, March 6th, 2017
Wednesday, March 15th, 2017
Monday, April 10th, 2017
Monday, April 24, 2017

BE SURE TO PICK UP TRAVEL FLYERS FOR MORE INFORMATION ON ALL TRIPS

A MESSAGE from PRESIDENT, Steve Kropf

A heart-felt welcome back to the Stratford Lakeside Active Adults Association after, what I hope was a joyous and safe holiday for you and your family.

I strongly encourage you to make 2017 the year to try something new. Our Association has so many things to do and sometimes all it takes is to attend an activity just once to find a new group of friends or interest. For those that find socializing and making friends easy, why not take a shy friend or member by the hand and introduce them to one of your favourite activities or groups? Extend that olive branch!

For those who joined us at the Annual General Meeting in December, thank you for sharing the afternoon with us and providing feedback on some hot button topics. At the AGM, we elected a new set of Directors and I would like to welcome Russ Diamond, Howard Famme, Marlene Wivell and Grant Hernden to our team. They will join Vice-President Sam Moore, Secretary Millie Westley, Treasurer Doreen Alexander, and recurring Director Barbara Flanagan to form your 2017 Executive.

All the best for the coming year.

2017 LAKESIDE ACTIVE ADULTS ASSOCIATION MEMBERSHIPS

Early Bird Rate, \$25/person (expires end of day January 31st), \$30/person as of February 1st. Memberships can be purchased at the Kiwanis Community Centre main office, Monday to Friday, 8:30am – 12noon and 1:00 – 4:30pm).

CALENDAR OF SPECIAL EVENTS

January 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED	2 CLOSED	3 <u>9:30am</u> Special Events Com. Meeting <u>12noon</u> Wheels to Meals	4	5	6 <u>9:00am</u> Travel Com.	7
8	9 <u>9:00am</u> Bus leaves for Brantford	10 <u>9:30am</u> Senior Games Com. Meeting	11	12 <u>9:30am</u> Advisory Com. Meeting	13 <u>1:30pm</u> Winterlude Variety Show	14
15	16 <u>9:30am</u> Executive Com. Meeting	17 <u>9:30am</u> Blood Pressure Clinic <u>12noon</u> Wheels to Meals	18	19 <u>7:00pm</u> Bingo	20 <u>10:00am</u> Cribarama / Euchreama	21
22	23	24	25	26	27 <u>10:00am</u> Pepperama	28
29	30	31				

February 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 <u>9:00am</u> Travel Com. Meeting	4
5	6 <u>9:00am</u> Bus leaves for Flamboro	7 <u>9:30am</u> Special Events Com. Meeting <u>12noon</u> Wheels to Meals	8	9	10 <u>10:00am</u> Cribarama / Euchreama	11
12	13 <u>9:30am</u> Executive Com. Meeting	14 <u>9:30am</u> Senior Games Com. Meeting	15	16 <u>7:00pm</u> Bingo	17	18
19	20 CLOSED	21 <u>9:30am</u> Blood Pressure Clinic <u>12noon</u> Wheels to Meals	22 <u>9:00am</u> Bus leaves for Toronto	23	24 <u>10:00am</u> Pepperama	25
26	27	28				

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

WINTERLUDE VARIETY SHOW

Date/Time: Friday, January 13, 1:30pm
Cost: Free
Location: Kiwanis Community Centre, Auditorium

As part of the Winterfest Outdoor Winter Carnival weekend, allow us to kick off the weekend with an afternoon of variety entertainment. Refreshments will be served. *Hosted by the Special Events and Fundraising Committee.*

ACTIVITY SEMINARS, WORKSHOPS, CLASSES, SPECIAL INTEREST



BRIDGE BASICS ADVANCED, with Hazel Hewitt

Date/Time: Tuesdays, January 10 – February 28, 2017, 10:30am – 12:30pm
Cost: \$48/member/8-week course
Location: Kiwanis Community Centre, Room GH
Registration: Pre-register no later than January 6th at the Kiwanis Community Centre, 519-271-4310.

A course for those who have completed Bridge Basics 1 or have played bridge before and want to learn new aspects of the game. Text book is an additional \$25, and can be purchased from instructor.

BRIDGE BASICS 1, with Hazel Hewitt

Date/Time: Tuesdays, February 7 – March 28, 2017, 1:00pm – 3:00pm
Cost: \$48/member/8-week course
Location: Kiwanis Community Centre, Room GH
Registration: Pre-register no later than February 1st Kiwanis Community Centre, 519-271-4310.

A course for those who have not played bridge before, covering the basics, opening no trump hands, opening majors and opening minors. Text book is an additional \$20, and can be purchased from instructor.

Introduction to iPad Tablet (New!)

Date/Time: Tuesdays, February 14, 21, 28 and March 7, 2017, 10:30am – 11:30am
Cost: Free
Location: Kiwanis Community Centre, Auditorium
Registration: Pre-register by February 10th at the Kiwanis Community Centre, 519-271-4310.

Stratford Police Services and Stratford Central Secondary School are excited to present a multi-generational training session on how to use iPads. Bring your own iPad or use tablets on loan from the school.

Book Reading of “Ossie and the Babe” with author David Beattie (New!)

Date/Time: Thursday, February 23, 2017, 1:00pm – 3:00pm
Cost: Free
Location: Kiwanis Community Centre, Room /C&D
Registration: Pre-register by February 21st at the Kiwanis Community Centre, 519-271-4310.

Join us for a meet, greet and reading with local author David Beattie of ‘Ossie and the Babe’. David writes about solving the puzzle of an old baseball photo, being a challenging and enjoyable quest. Hear of old baseball memorabilia and come ready to share your own fond memories of baseball.

HEALTHY ACTIVE AGING SEMINARS AND COURSES



KEEP FIT with Tini

Date: Starts January 11th, Wednesdays and Fridays, 10:00 – 11:00am
Cost: \$2/member/class
Location: Kiwanis Community Centre, Room C&D
Registration: Purchase your pass in the main office of the Kiwanis Community Centre.

Tini Pel was a professional ballet teacher for nearly 60 years, and has developed a gentle but thorough exercise program for active adults. Exercises are paired to beautiful music, and can be adapted to individual needs and/or limitations.



YOGA, with Brad Seftel – All Abilities

Date/Time: Mondays, Jan. 23, 30, Feb. 6, 13, 27, Mar. 6, 2017, 9:00am – 9:45am
Cost: \$45/person/6-week session
Location: Kiwanis Community Centre, Room F
Registration: Pre-register no later than January 19th 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.



Get to 150 – Accelerated Walking Club (New!)

Date: Thursdays, January 12 – March 9, 2017 (9 week session) 1:30pm – 2:30pm
 Cost: First three weeks free, final 6 Thursdays are \$12/member
 Location: Stratford Burnside Agriplex
 Registration: Attend first 3 weeks for free. Then, pre-register for remainder of the program no later than January 31st at the Kiwanis Community Centre, 519-271-4310.

Walk fast with friends toward the magic 150 cardio minutes of moderate intensity physical activity per week, as recommended by experts on healthy aging. Set and achieve goals for improvement using interesting walking drills and a fitness circuit to improve your walking speed and stamina. 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.

Wendy McNaughton

Certified Seniors' Fitness Instructor, retired teacher who loves theatre, reading, clogging at Judy's and all that makes Stratford a great place to live.

Susan Young

Race walker, retired teacher, and part-time retail worker who enjoys reading, movies, and her family when she makes time to sit down.



'LivFit' Exercise Class, with Diane Hernden

Date: Wednesdays, January 18 – February 8, 2017, 11:00am – 12:00pm
 Cost: \$28/4-week session/member or \$8.00/class/member
 Location: Kiwanis Community Centre, Auditorium
 Registration: Pre-register no later than January 16th at the Kiwanis Community Centre, 519-271-4310

Back by popular demand, you will be led through a safe and effective group exercise program to increase muscle strength and balance. We welcome individual strengths, abilities and comfort level!

FOOT CLINICS

Foot Clinics are held each Monday, with services provided by the Victorian Order of Nurses. Appointments required – call 519.271.4310. Cost is \$27.00.



BLOOD PRESSURE CLINICS

Held every third Tuesday, from 9:30am – 12noon in the Library at the KCC. Free of charge.

S.L.A.A.A. PICKLEBALL COLLECTS A SPECIAL DONATION

As grocery store prices continue to rise, the pressure on low-income families has increased, sending more people to local food banks. During the first week of December, members of the S.L.A.A.A. Pickleball program generously gathered enough food to fill a shopping cart. The food was donated to the House of Blessing. Thank you to everyone who contributed to this worthy cause.



GARBAGE BAG TAGS AND SENIOR BUS PASSES

Garbage Bag Tags and Senior Bus Passes can be purchased at the Kiwanis Community Centre Office between the hours of 8:30am – 12 noon and 1:00pm - 4:30pm Mondays thru Fridays only.

BUILDING AND OFFICE HOURS

The KCC will be open as of 8:00am, and will close at 4:30pm on days when there are no evening bookings. Our electronic display will indicate this. Please make sure you have exited the building no later than 4:00pm on those days so it can close for 4:30pm. The Office will continue to operate 8:30am-12:00pm and 1:00pm – 4:30pm. Monday thru Friday. The Office is not open for SLAAA business on Saturdays or Sundays.

STRATFORD LAKESIDE ACTIVE ADULTS ASSOCIATION

The Association provides a focal point where people, 55 years of age and older, can congregate, as individuals or groups, to participate in activities and access services which provide enjoyment and encourage the concept of wellness.

FOR YOUR INFORMATION

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

- **Bulletin Board** – Posters for upcoming special events and day trips will be hung in this area.
- **Brochure Racks** – Bi-monthly Bulletins, Trip Flyers and other Program Flyers are displayed in the brochure racks beside the Bulletin Board.
- **Attendance Book** – All members are asked to sign the Attendance Book, each time they use the facility.
- **Event's Schedule for the Day** – The schedule for the day's activities is listed on the display board. Please be aware that not all activities in the Kiwanis Community Centre are part of the Lakeside Active Adults Association.



For those who rely on public transit, please be advised that the City Bus has a stop directly across from the Kiwanis Community Centre.

Our Centre is located at the Kiwanis Community Centre, 111 Lakeside Drive, Stratford ON. For more information, contact us at 519-271.4310 or www.stratfordactiveadults.ca.

2017 LAKESIDE ACTIVE ADULTS 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