



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



**NOVEMBER & DECEMBER 2016**

### **A MESSAGE from PRESIDENT, Steve Kropf**

This fall will certainly go down in the books as an interesting and curious time for our Association. As many of you are aware, a series of resolutions were passed by Stratford Council on October 24, 2016, indicating that the Stratford Festival has approached the City with a proposal to redevelop the Tom Patterson Theatre into a world-class facility. The proposal has led the City to begin to examine the possible relocation of the Kiwanis Community Centre, and consider the users that would be impacted as a result. Thankfully, our Association, its members and our programs remain at the top of our City officials' minds.

It's important to note that **absolutely no decisions have been made regarding the redevelopment of the theatre and relocation of the community centre.** However, if the redevelopment of the Tom Patterson Theatre were to proceed, the City has indicated one of the options would be to replace the KCC with a new, multi-purpose, state of the art Community Hub that would provide a wide range of programs and services for all citizens, including active seniors.

The City's C.A.O. Rob Horne has met with our Board of Directors to share information regarding the Festival's initial proposal and the City's current position. At the meeting, we were told that:

- Specific details about these projects are still relatively unknown;
- If these projects do proceed, there will be a comprehensive public consultation process and several opportunities to provide public feedback.
- A Tom Patterson Theatre redevelopment and a new Community Hub option would be advanced at the same time, creating two new, world-class, state-of-the-art facilities in Stratford. One redevelopment could not exist without the other.

As your President, I want to assure you that your voice is front and center to the conversation. Our Board has elected Directors Sam Moore, Greg Herod and I to collectively represent our Associations' interests when it comes to discussions with the City.

Moving forward, we await the City to obtain an official proposal from the Stratford Festival. Once received, we have been assured that the City will offer several opportunities for public input. This could be within the coming weeks.

My advice to our Board and Association members is that it makes the most sense to wait and receive the details of the theatre's proposal first before jumping to any conclusions or taking a position. As more details come forward, we will conduct a series of our own consultations among our members, as your opinion is paramount to us. In the meantime, all programs and activities will carry on as usual.

In advance, I would like to thank you for your patience and understanding on this matter. I can assure you we have the reigns and are doing our best to represent your voice. We will continue to keep you in the loop as we have more information to share.

Take care,

Steve

## November 2016

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

## December 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 <u>9:00am</u> Travel Meeting <u>10:00am</u> Cribarama / Euchreama	3
4	5 <u>1:30pm</u> SLAAA Annual General Mtg.	6 <u>9:30am</u> Special Events Com. Meeting <u>12noon</u> Wheels to Meals	7 <u>10:00am</u> Bus leaves for Cambridge	8	9	10
11	12 <u>12:15pm</u> Committee Luncheon	13 <u>9:30am</u> Senior Games Com. Meeting	14 <u>9:00am</u> Bus leaves for Sarnia	15	16	17
18	19 <u>9:30am</u> Executive Com. Meeting	20 <u>9:30am</u> Blood Pressure Clinic <u>12noon</u> Wheels to Meals	21	22	23 CLOSED AT NOON	24
25 CLOSED 	26	27	28	29	30 CLOSED AT 12 NOON	31 <u>8:00pm</u> New Year's Eve Dance

## DAILY EVENTS

### Mondays

9:00 Billiards  
9:00 Woodcraft  
9:00 Line Dancing (Intermediate)  
9:00 Pickle Ball 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 Pickle Ball 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 Pickle Ball at Agriplex  
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  
10:00 Tai Chi  
1:00 Skating  
1:30 Cribbage

### Fridays

9:00 Billiards  
9:00 Woodcraft  
9:00 Lapidary  
9:00 Pickle Ball at Agriplex  
10:00 Keep Fit  
11:15 Fitness  
1:00 Contract Bridge

### Saturdays

7:00pm Euchre

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## UPCOMING BUS TRIPS

### Fallsview Casino (Niagara)

- Monday, November 14<sup>th</sup>, 2016

### "Sister Act" Dunfield Theatre (Cambridge)

- Wednesday, December 7<sup>th</sup>, 2016

### Point Edward Casino (Sarnia)

- Wednesday, December 14<sup>th</sup>, 2016

Register for all trips **in advance** at the Kiwanis Community Centre, Monday thru Friday, 8:30am-12noon and 1:00-4:30pm.

**BE SURE TO PICK UP TRAVEL FLYERS FOR MORE INFORMATION ON ALL TRIPS IN THE MAIN OFFICE.**

## TRAVEL FEATURES

### "The Bodyguard", Ed Mirvish Theatre (Toronto)

- Wednesday, February 22<sup>nd</sup>, 2017

The smash hit musical direct from London's West End. Former Secret Service agent Frank Farmer is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge – what they don't expect is to fall in love...

Based on the 1992 Warner Bros. film, this exciting, thrilling, uplifting and moving production of the Bodyguard is headed to Toronto.

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## S.L.A.A.A. ANNUAL GENERAL MEETING (Monday, December 5<sup>th</sup> – 1:30pm)

All members of the Association are asked to attend the A.G.M. We will provide updates on what our main activity committees have been up to in 2016, and elect a new board Directors for 2017. If you are interested in putting your name forward to sit on the SLAAA Executive, please contact the office prior to the AGM. Door prizes and refreshments will be served. **PLEASE NOTE: All rooms will be closed and activities cancelled in the Centre during the AGM.**

## 2017 MEMBERSHIPS

Rates will be set at the AGM on December 5<sup>th</sup>, and will officially go on sale on Tuesday, December 6<sup>th</sup> in main office.

## WEDNESDAY FOOT CARE

Due to the popularity of our foot care service, we will welcome James Willmore, Chiropodist of Stonetown Chiropractic & Wellness Centre to provide foot care services on Wednesdays. This is in addition to foot care on Mondays and some Tuesdays. To book an appointment, please visit the main office at the KCC or call 519-271-4310.

## GENERAL INFORMATION

### 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.

The Association operates in connection with the Stratford Community Services Department. Each year, members of the Association elect their Executive members. The Executive operates the business of the Association and provides direction through a variety of Committees as follows: Advisory, Special Events, Travel and Senior Games.

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](http://www.stratfordactiveadults.ca).

### 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.

### WHERE TO FIND 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 or online at [www.stratfordactiveadults.ca](http://www.stratfordactiveadults.ca).

While at the Kiwanis Community Centre, 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.

### PUBLIC TRANSIT



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

### 2016 STRATFORD LAKESIDE ACTIVE ADULTS ASSOCIATION EXECUTIVE



President  
Vice President  
Secretary  
Treasurer

Steve Kropf  
Greg Herod  
Shirley Pautler  
Doreen Alexander

Directors

Barbara Flanagan  
George Masur  
Sam Moore  
Larry Walker  
Millie Westley

## **HEALTHY ACTIVE AGING SEMINARS AND COURSES**



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

Date/Time: Tuesdays, October 25 – December 13, 9:30 – 10:15am  
Cost: \$60/member/8-week session  
Location: Kiwanis Community Centre, Room F  
Registration: Pre-register in the main office of the Kiwanis Community Centre or call 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.



### **'LIVFIT' EXERCISE CLASS, with Diane and Grant Hernden**

Date/Time: Wednesdays, November 9 – December 14, from 11:00am - 12:00pm  
Cost: \$42/6-week session/member or \$8.00/class/member  
Location: Kiwanis Community Centre, Auditorium  
Registration: Pre-register in the main office of the KCC. Maximum of 20 participants.

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! **Limit of 20 persons per class.**



### **KEEP FIT with Tini**

Date: Starts September 7, Wednesday and Friday, 10:00 – 11:00am  
Cost: \$2/member/class  
Location: Kiwanis Community Centre, Room CD  
Registration: Purchase your pass in the main office of the KCC.

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.

## **WELCOME BACK FALL/WINTER ACTIVITIES**

### **PICKLE BALL**

Date/Time: Weekdays, 9:00am – 12noon  
Cost: \$72.00/season  
Location: Burnside Agriplex Fieldhouse, 353 McCarthy Road  
Registration: Purchase your season membership in the main office of the KCC.

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

### **WINTER GOLF**

Date/Time: Weekdays, 9:30am – 1:00pm December - March  
Cost: To be determined at the Winter Golf Meeting on November 18<sup>th</sup>  
Location: Upper Lobby William Allman Arena, 15 Morenz Drive  
Registration: Drop into the Upper Lobby Allman Arena on activity days.

Drop into our 55+ indoor golf program. Six driving mats and a putting green. Minimal daily activity cost.

## ON-GOING SPECIAL PROGRAMS



### FOOT CARE CLINICS

Date/Time: Mondays and Wednesdays; 30 minute appointments  
Cost: \$27/person  
Location: Kiwanis Community Centre, Library  
Registration: Pre-register in the office of the Kiwanis Community Centre or call 519-271-4310.



### BLOOD PRESSURE CLINICS

Date/Time: 3<sup>rd</sup> Tuesdays; 9:30am – 12:00pm  
Cost: Free  
Location: Kiwanis Community Centre, Library  
Registration: Not required. Drop in.

### WHEELS TO MEALS

Date/Time: 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the Month, 12:00pm  
Cost: \$9.25/person  
Location: Kiwanis Community Centre, Auditorium  
Registration: Pre-register in the main office of the Kiwanis Community Centre or call 519-271-4310.

Join us for our Wheels to Meals Program held on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the Month at 12noon for a hot cooked meal consisting of soup, meat, potatoes, vegetables, salad and dessert

## UPCOMING PROGRAMS

### CHRISTMAS GIFT WRAPPING FUNDRAISER - VOLUNTEERS NEEDED!

We are looking for volunteers to help with the 2016 Christmas Gift Wrapping Fundraiser at Festival Marketplace. Choose from a single shift or multiple shifts. Socialize with fellow wrappers, and enjoy the hustle and bustle of the holiday as last minute shoppers buzz around you.

Gift wrapping training is available. **With interest or inquiries, please contact Karen at 519-271-2290 or [karen.mahovlich@on.sja.ca](mailto:karen.mahovlich@on.sja.ca).**

### NEW YEAR'S EVE DANCE

Date/Time: Saturday, December 31, 2016, 8:00pm – 1:00am  
Cost: \$20.00 per ticket or \$35.00 for two  
Location: Kiwanis Community Centre

You are invited to ring in the New Year with the Stratford Lakeside Active Adults Association at the Kiwanis Community Centre. Come enjoy the live music of local performer Conn Smythe, as he tickles the ivories into the evening. Snacks and a light lunch will be provided. Cash bar. Tickets can be purchased in advance at the Kiwanis Community Centre main office at \$20.00 each, \$35.00 for two. Tickets **MUST** be purchased no later than Wednesday, December 7, 2016.