



AJAX SENIORS' CLUB

St. Andrew's Friendship Centre

46 Exeter Rd., Ajax, L1S 2J8 905.686.1573

Pickering Village Centre

29 Linton Ave, Ajax, L1T 3A7 905.683.8460

Issue 109

Editor Doug Bolduc (905) 419-3783

Newsletter for May 2024

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Welcome May. Let's be rid of April's gloom. We'd like to see the flowers in sunny bloom.

- After being stalled by COVID and the parking lot construction the past few years, we are starting to get back to normal. There are a number of events planned for June and July. See Club Info and the President's Message for more info. It will be an exciting time.

- If you are no longer receiving emails from me, please let me know and I'll put you back on the list.

- FYI, the website address is ajaxseniorsclub.ca. Also, our new logo is now added to the top of the Newsletter.

I'm thinking back to when "a new hip joint" meant some place I wanted to go on a Friday night.

MARK YOUR CALENDAR

- May 7th Lunch & Learn – Emergency Preparedness
- May 12th Mother's Day
- May 20th Victoria Day
- May 25th The Walk for Alzheimer's. See below for details.

CLUB INFO

- John Evenden is participating in The Walk for Alzheimer's on May 25 and is looking for sponsors. Those of you who are interested, please contact John at jevenden40@gmail.com.
- Our annual Strawberry Social is coming to St. Andrew's on Saturday, June 8 from 1 to 3 pm. There will be entertainment from our favourite music lady, Jeannette VanderVooren. There will be Share the Wealth tickets also. Refreshments will include strawberry shortcake, coffee, tea and water. Tickets are only \$5! Tickets will be sold by the members of our Social Committee starting in mid May.

MESSAGE FROM YOUR PRESIDENT & VICE PRESIDENT

- Well, we are working hard on the Summer B.B.Q. and Horse Racing Day at St Andrews.
- It will be held on Saturday July 13th, 2024. Doors will open at 11.30 am so everyone can come in, get a seat and be ready for the lunch that is going to be supplied. To make this happen, we do need to cancel a few activities on Friday the 12th of July so that both rooms can be set up. Bid Euchre 1 to 4 pm, Exercise class 1:30 to 2:30 and Euchre 7 to 10 pm need to be cancelled. I am sure everyone understands why.
- Tickets will be sold in June. Watch for where and when!
- This event requires a lot of volunteers. If you would like to be help out, please contact Jan or I or one of the other Executive Members. We could sure use your help.
- The day after, starting Sunday July 14th, both the GYM and the main building will be closed for the week for maintenance week here at St Andrew's.
- The Village Centre will still be open (more info on what we can hold there to follow).
- Our Event Director, Rosita, is working on other events as well. Again, more info will be coming so please check the website and the bulletin boards every time you are at either centre.
- We are planning to hold the Honourary Lunch again at the ACC. This event will take place on July 27th.
- To celebrate Senior month, Moninder, our Town representative, is planning a Games Night at the Village on June 15th and a Salsa Dance Night at St Andrews on June 22nd.
- I hope everyone has been looking at the web page to get any more info about the club. As Doug said, he is not going to be sending out the newsletter through the email system soon. You can pick up the newsletter at either centre or go online. That way, you can read it at your leisure.

FRASER GRANT (289) 200-4800

Jan Herbert (905) 903-3537

An 84-year-old man is having a drink in Harpoon Harry's. Suddenly a gorgeous girl enters and sits down a few seats away. The girl is so attractive that he just can't take his eyes off her. After a short while, the girl notices him staring and approaches him.

Before the man has time to apologize, the girl looks him deep in the eyes and says to him in a sultry tone: "I'll do anything you'd like. Anything you can imagine in your wildest dreams, it doesn't matter how extreme or unusual it is, I'm game. I want \$100, and there's another condition."

Completely stunned by the sudden turn of events, the man asks her what her condition is. "You have to tell me what you want me to do in just three words."

The man takes a moment to consider the offer from the beautiful woman. He whips out his wallet and puts \$100 dollars into her hand...

He then looks her square in the eyes and says slowly and clearly: "Paint my house."

Our needs change as we get older and we tend to look for bargains.

[INFORMATION FROM THE TOWN OF AJAX](#)

Lunch and Learn – Emergency Preparedness

Celebrate National Emergency Preparedness Week 2024 by joining us to learn about distinct types of emergencies and gain some practical tips about how to plan and prepare yourself, your family, and your pets in the event of a disaster or emergency. Workshop includes door prizes, giveaways & resources!

Tuesday, May 7, 2024, 11 a.m. to 1:15 p.m.

Village Centre

All the details (registration links and program descriptions) for upcoming events are available under <http://ajax.ca/55plus> on the internet or contact.

Moninder Nahar-Arjun,

Town of Ajax, at 905-619-2529 ext. 7243.

[AJAX LIBRARY PROGRAMS](#)

Cultural Cinema – May 7 1:30PM – 3:30PM (Main Branch) (Drop-In)

Mothering Sunday (14A) A housekeeper living in post-World War I England secretly plans to meet with the man she loves before he leaves to marry another woman.

Belly dance Workshop – May 11 11:00AM – 12:00PM (Main Branch)

Celebrate World Belly dance Day at Ajax Public Library! Whether you're a beginner or an experienced dancer, this workshop is tailored for everyone. Release stress, boost confidence, and connect with your body in a vibrant and supportive environment. To register, visit: <https://ajaxlibrary.ca/node/2330>

Yoga for Beginners – May 15 6:30PM – 8:00PM (Main Branch)

Whether you're striving for health, peace of mind, love, success in the world, or inner exploration, these simple practices are designed to help you cut through the struggle and walk through life with ease. These meditation and yoga programs are designed by Sadhguru and suitable for beginners. Mats and chairs are provided at the session. To register, visit: <https://ajaxlibrary.ca/node/2314>

Living a Healthy Life with Diabetes (6-week series) May 22-June 26 9:00AM-11:30AM on Zoom

Living a Healthy Life with Diabetes is a free six-week virtual workshop series where people learn skills and tools to better manage their diabetes or pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register. We suggest that participants attend all six sessions of the workshop where possible. Use of computer camera and audio is required for workshops hosted online using the Zoom Platform. To register, visit: <https://www.ceselfmanagement.ca/workshop?id=9003>

Understanding Stress and Sleep – May 23 6:30 – 8:00PM on Zoom.

Discover tips for getting a good night's sleep and learn some common signs of a sleep disorder. Presented by Home and Community Care Support Services, Central East Self-Management Program. To register, visit: <https://ajaxlibrary.ca/node/2321>

Cancer Prevention Workshop – May 29 1:00 – 2:00PM (Main Branch)

Learn about the risk factors of cancer and preventative measures you can take to reduce your risk. Presented by Dr. Lei Gu, naturopathic doctor from the Durham Natural Health Centre. To register, visit: <https://ajaxlibrary.ca/node/2322>

For a full list of Library Programs, please visit: <https://ajaxlibrary.ca/whatson>.

Julia Campbell (she/her) Adult Services Librarian

E: julia.campbell@ajaxlibrary.ca | **P:** 905-683-4000 ext. 8809

Birthdays for the Month of May

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
277	DOROTHEY VAN TIENEN		1-May
70	LYNDA WOODFORD		1-May
3	INGE MUELLER		2-May
406	JEAN FINCH		2-May
486	THERESA JAMES		2-May
218	WILLIAM JORDAN	HN	5-May
210	DAVE SNEA		6-May
111	CARL MABEE		7-May
327	BRENDA VAUGHAN		8-May
311	EURANIE NEARING		8-May
118	JOAN WESTWOOD		8-May
470	KATHY ROBBINS		8-May
417	MARIA D'SOUZA		9-May
357	BARBARA DODSWORTH	HN	10-May
315	CAROLE McLEOD		10-May
619	ANTON SURIYAKUMAR		11-May
380	DON BOUTARA		11-May
62	TREVOR LEWIN		11-May
53	DAVID DONALDSON		15-May
95	NIKKI THOMPSON		15-May
343	PAT NORWOOD		15-May

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
320	VICTOR TING-A-KEE		15-May
125	LESLIE HENLEY		16-May
123	HEATHER SHORTT		17-May
637	JAMES FOWLER		17-May
182	FRANCES BOLTON		18-May
419	MARIA (ROSIE) SEQUEIRA		18-May
525	CATHERINE McNICOL		19-May
241	MARY WONG		20-May
420	VINOD ARORA		22-May
319	DIAN TING-A-KEE		23-May
149	GUDRUN FRANC		23-May
412	KATHY BALSILLIE		24-May
415	PHILOMENA CORDEIRO	HN	24-May
621	ANN SEENS		25-May
21	MAUREEN TERPSTRA		26-May
595	PATRICK FLYNN		26-May
598	MARILYN LONGBOTHAM		29-May
52	MARJORY WILSON		29-May
8	BERNARD TWYMAN		30-May
592	GLENNIS SAVAGE		30-May
391	ZAINUB JAWED		31-May

IN MEMORY

Hank Hartog
Bill McCartney
Tom Jackson