

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 104

Editor Doug Bolduc (905) 419-3783

Newsletter for October 2023

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- Happy October to everyone. Bring out your pumpkins, scarecrows and all Fall festival items that you enjoy.
- The Ajax Seniors Club website is now open. Just look up Ajax Seniors Club on Google or whatever search engine you use. It is full of information about both clubs, the organization, activities, newsletters, memberships, events, photos and more. Just press the button at the top for the item that you're interested in, and it will open that page. The activities page provides you with several options. Not only can you find the standard Activity sheets, but you can also find them by Activity, Coordinator and even by each day of the week.

Happiness is not having to set the alarm clock.

MARK YOUR CALENDAR

- * Mon. Oct 9th Thanksgiving
- * Sat. Oct 29th Time Change – fall back one hour.
- * Tues. Oct 31st Halloween

CLUB INFO

- The south parking lot is now complete. You will find that the north lot will be fenced off shortly so you will need to use the south lot. For more details, see Fraser's message. You can also check the Events page on our new website.
- The Social Group will not be meeting in September and possibly longer. Unfortunately, there is no Coordinator for this activity at the present time. If you are willing to take on this position or know someone who would, please contact Fraser. Until then, the Social Group is suspended.

So, you drive across town to a gym to walk on a treadmill?

It would be wonderful if we could put ourselves in the drier for ten minutes, then come out wrinkle-free & three sizes smaller.

"One for the road" means peeing before you leave the house.

MESSAGE FROM YOUR PRESIDENTS

- Hi, I hope everyone that can view the web site for the Ajax seniors club has done so!!
- Doug, the web master, has out done himself for the first crack at this. It looks great!
- As we get more feedback re what you the members want to see we will make the changes, so if there are any comments or suggestions, please let us know.
- The south parking lot is NOW OPEN !! The north lot is being worked on. For the time being you can park in the south lot and walk into the centre re the games room back door. If it is not open, follow the path and enter the front door as normal. The back door in the main hall can NOT be used to either enter or leave as this section is still under construction.
- It is very close to that time of year when we rebuild the Board of Directors for the club for the following year.
- This will be the first year that we will have one Board of Directors for both centers. New membership cards have been ordered that show both locations and the new logo. The positions that are going to be on the bulletin boards will be posted at both locations so everyone has an opportunity to read the job descriptions and apply if they think they can fill the requirements. Keep in mind to apply for a position on the Board you must have been a member of either centre for a minimum of 1 year.
- The membership for 2024 has been increased to \$20 per year. As I am sure everyone understands, costs have been going up in all that we do. This is our main source of income for the centres and to keep offering activities that you want does cost more every year
- I am happy to know we are near the end of a year that has had a few challenges and the opportunity to hold a few more events off site which went over very well due to the hard work by your volunteers and coordinators.
- Talking about events we just had a harvest Lunch at the Village that went over with a resounding chorus of success. Jan will fill you in with more details in her comments to the members.
- There are still a few more months left in this year and there are a few more events in the planning stages so stay tuned. We are growing and listening to what you the members are asking for.

Thanks for now.

FRASER GRANT (289) 200-4800

- Ajax seniors celebrated Autumn with a Harvest Gathering. We sat amongst the colourful Fall decor and enjoyed a lunch consisting of your choice of soup (butternut squash, ham and pea or chicken), a wide variety of sandwiches and plenty of sweets. Jeanette Vandervooren entertained and had us singing along and tapping our feet.
- I'd like to thank the volunteers who helped plan and make and serve the food, Anne Marie, Anne, Helen, Agnes, Kat, Trinda, and Rosita. Great job ladies! And of course, a big thank you to our volunteers who worked very hard to please our guests. Ed, Maureen, Marion, Margaret, Julie and Margaret. We even had the President, Fraser, working the front door selling tickets with help from Inge! It was a wonderful afternoon! Enjoy the Autumn harvest and weather! My favourite time of the year!

- LUNCH AND LEARN at the Village on October 17th at 11:30
Topic: Nostalgic Trip to 50's and 60's.
Call Jan if interested. (20 spots) 905-903-3537
- LUNCH AND LEARN at the Village on November 14th at 11:30
Topic: Understanding Food Labels
- We will be having a Christmas Dinner this year on Friday December 8th. The venue and entertainment to be determined and approved. It will be held at ACC or St. Andrew's. Once again to be discussed and approved by the two boards.
- Just a reminder that the Village has Cribbage every Tuesday at 1:30 and Euchre on the 2nd and 4th Wednesday at 2:00. All members welcome.

Jan Herbert (905) 903-3537

INFORMATION FROM THE TOWN OF AJAX

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 – Tuesday, October 3rd | 1:30 PM – 3:30 PM (Main Branch)

Drop in for a film viewing of Blackberry (2023), the story of Mike Lazardis (Jay Baruchel) and Jim Balsillie (Glenn Howerton), the two men that charted the course of the spectacular rise and catastrophic demise of the world's first smartphone. Rated 14A.

Cybersafety for Seniors – Tuesday, October 17th | 1:00 PM – 3:00 PM (Main Branch)

This interactive workshop provides essential guidance on topics like online privacy, security measures, recognizing potential online scams, creating strong passwords, and app safety. Registration Required.

Meet the Archivist – Saturday, October 21st | 10:30 AM – 12:30 PM (Audley Branch)

Drop in for a behind the scenes look at artifacts within the Ajax Archives Collection. Chat with the Archives Services Librarian about interesting gems recently discovered current displays and upcoming projects.

Help with Your Health: Stress and Sleep – Wednesday, October 25 | 2:00 PM – 3:30 PM (Main Branch)

Join us for a seminar on the most common myths about sleep, what common signs point to a sleep disorder, and how to reduce stress. Registration required.

Catherine Andru,

Adult Services Librarian

E: catherine.andru@ajaxlibrary.ca P: 905-683-4000 ex: 8809

Birthdays for the Month of October

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
499	GINO RUFFO		1-Oct
246	KATHY THOMSON		1-Oct
195	ANGELA HOBSON		2-Oct
420	DOUG DARNLEY		2-Oct
651	JAN HERBERT		2-Oct
5	BRUCE SMITH		3-Oct
371	LORNE SCHIELE		3-Oct
540	TRACY HUTTON		3-Oct
727	WENDY BOLDUC		3-Oct
481	BARBARA VITELLI		4-Oct
61	JO-ANN SIGINDERE		5-Oct
289	LISSEH KING-PAYNE		5-Oct
266	CARA BOOTH		6-Oct
138	JANE COCHRANE		7-Oct
32	KATHY CHISOLM		7-Oct
482	TERENCE WINTER		7-Oct
702	FRED CHARD		8-Oct
198	JAMES McKINNON		9-Oct
700	ANNA KRIETE		10-Oct
17	CAROL DUNBAR		10-Oct
13	CHRIS BROWN		10-Oct
173	JEANNETTE FRIZELLE		10-Oct
67	ANNA GELDART		11-Oct
78	ELDA CARON	HN	11-Oct
119	SHARON CRAIK		11-Oct
174	BONNIE JOHNSON-BURRELL		12-Oct
68	LORI MITCHELL		12-Oct
440	RICHARD GOMEZ		12-Oct
375	WENDY CHOI		12-Oct
152	PATRICIA ANGUS		13-Oct
140	ELSBETH O'TOOLE		14-Oct

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
777	JENNIFER CAMPBELL		14-Oct
168	ABBY NOLAN		17-Oct
385	DEBORAH CHURCHILL		17-Oct
135	DONNA RAZEY		17-Oct
672	MARJORIE PATERSON		17-Oct
18	SUE REANEY		17-Oct
42	WILLIAM McARTHUR		17-Oct
365	BETH MARIGLIA		19-Oct
538	ANGELA BURKE		20-Oct
134	GILLIAN GRIFFITHS		20-Oct
549	KAREN MOLINE		20-Oct
489	MING YING LI		20-Oct
183	ROSANNE GREEN		20-Oct
12	DAVE ALDRIDGE		22-Oct
102	DONNA-FAY ROACH		22-Oct
53	SUSAN LAHODA		22-Oct
764	AJITKUMAR MAJMUDAR		23-Oct
768	BHARATIBEN PANDYA		23-Oct
663	FRED RAZO		24-Oct
664	MARIA RAZO		24-Oct
260	AZAM HOSEIN		25-Oct
126	CHRIS BOLDUC		25-Oct
483	JANET-LEE MARTELL		25-Oct
692	VI WHEELER	HN	25-Oct
244	JENNIFER YOUNG		26-Oct
459	JAMES JERINE		27-Oct
316	YURU LI		28-Oct
228	JANE WHITE		29-Oct
691	TERI MCCOMB	HN	29-Oct
356	LIPING MA		31-Oct
70	TOM GELDART		31-Oct

