

# 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 96

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Newsletter for January 2023

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- A very Happy New Year to you all. I hope you all enjoyed a wonderful Christmas.
- Let's hope this year will be a big improvement over the last 3 years and we can get back to not only enjoying our favourite activities but the events as well.
- Starting right away in January, you can renew your membership for 2023. The details are in the Club Info section. This is a large task undertaken by a group of too few dedicated, brave volunteers so we ask your indulgence, patience and understanding.

*I really don't mind getting older but my body is taking it badly.*

## MARK YOUR CALENDAR

- \* Jan 1<sup>st</sup> New Years Day, the clubs will be closed.
- \* Jan 12<sup>th</sup> National Rubber Ducky Day
- \* Jan 24<sup>th</sup> Global Belly Laugh Day

## CLUB INFO

- There will be no special membership drive. You can renew your membership when you come in for your activity but be sure to do it ahead of time (or after) and not delay the activities. You can also renew through any one of the St. Andrew's Executive Board members or Jen, our Custodian.
- Barb Grams, our weekend coordinator for euchre and cribbage, would like to pass this info on to all interested members.
  - Euchre will be held on Saturday, Jan 14 from 7 to 10 pm. in the main hall
  - Cribbage will be held on Sunday, Jan 15 from 1 to 5 pm in the main hall.

*My mind is like my internet browser; 19 tabs open, 3 of them are frozen and I have no idea where the music is coming from.*

*Politics is supposed to be the second-oldest profession. I have come to realize that it bears a close resemblance to the first. ~Ronald Reagan~*

MESSAGE FROM YOUR PRESIDENTS

HAPPY NEW YEAR TO EVERYONE!!

- As most of you know, I have gone off on a cruise starting in Miami, Florida and ending in San Francisco.
- I will return in early January to start another year - hopefully better than the start of 2022.
- This year we have a new company taking over the work on the parking lots. Let's hope they do a faster and better job than the last. At the start of the year, the ladies will be renewing your membership for 2023 as you come back for your activities. You can sign up again for another year at the low cost of \$15.00
- We will be holding meetings for all the coordinators in the new year as there have been a few additions to the role of coordinator and its always good to keep abreast of any changes.
- It is the coordinators that help to run your centre for everyone and we do need to recognize it can be very rewarding as well as a challenge from time to time.
- I will say stay safe and remember at this time of year, falls can occur in and outside the home. Be careful, when walking, as the ice can be hidden by snow. Also, the parking lot still has a few cracks and holes. Take your time when walking into the centre.

**FRASER GRANT** (289) 200-4800

- Thank you to all members who have been so supportive during this year of upheaval. Thank you to my executive members, Inge, Teri, Ed and Suzanne for their hard work and dedication!
- February 14th the Village Centre will have a Valentine lunch. Soup, sandwich and sweets will be served. Tickets will be available by late January and the cost will be \$10.00. Tickets will be limited. The date of ticket sales will be posted.

*Jan Herbert* (905) 903-3537

*I went line dancing last night. Well, it was a roadside sobriety test . . . same thing.*

*I can't believe I forgot to go to the gym today. That's 7 years in a row now.*

*I just broke my shoelace. Some people would blame Donald Trump but I KNOW it's because of global warming.*

*Someone just honked to get me out of my parking spot faster. Now I have to sit here until both of us are dead.*

*It turns out that when asked who your favourite child is, you're supposed to say one of your own. I know that now.*

## [INFORMATION FROM THE TOWN OF AJAX](#)

All the details (registration links and program descriptions) are under [ajax.ca/55plus](http://ajax.ca/55plus) on the internet or contact Moninder Nahar-Arjun, Town of Ajax, at 905-619-2529 ext. 7243.

### [AJAX LIBRARY PROGRAMS](#)

#### **Alzheimer Awareness Month**

January 12th (2-3 PM) **OR** January 24th (7-8 PM) Zoom; registration required.  
The Alzheimer Society of Durham Region will present on symptoms, warning signs, how to get a diagnosis, and treatment options. Learn how to reduce stigma and create a Dementia Friendly Community. Learn what resources are available to support those living with or impacted by Alzheimer's.

#### **Service Canada Appointments**

January 16<sup>th</sup> (10 AM – 1 PM) Main Branch; Drop-in.  
Gain guidance from a Service Canada representative on accessing services related to Employment Insurance, the Canada Pension Plan, Old Age Security or getting a Canadian Passport.

#### **Ontario Parasport Games Virtual Panel**

January 18th (7 PM – 8:30 PM) Zoom; Registration Required  
Let the games begin! Durham Region is hosting the [2023 Ontario Parasport Games](#) from February 3 - 5, 2022. Learn how you can attend or volunteer with the Games and hear inspiring stories from athletes, coaches, and parents.

#### **Sahaja Yoga Meditation**

Jan. 24, 31 | Feb. 7, 14, 21, 28 (7:00 PM – 8:30 PM) Main Branch, registration required.  
Join this 6-week course in learning different meditation techniques and bringing balance into your life. No mat required.

*Three old Grandmas were sitting on a bench outside the nursing home when an old Grandpa walked by.*

*One of the old Grandmas yelled out, 'Hey, we bet we can tell exactly how old you are!'*

*The old man said, 'There is no way you can guess my age!'*

*One of the Grandmas said, 'Sure we can! Just drop your pants and undershorts and we can tell your exact age.'*

*Embarrassed, but anxious to prove they couldn't do it, he dropped his drawers.*

*The Grandmas asked him to first turn around a couple of times and then jump up and down several times. Determined to prove them wrong, he did it.*

*Then they all said in unison, 'You're 87-years-old!'*

*Standing with his pants down around his ankles, the old gent asked, 'How in the world did you guess my age?'*

*Slapping their knees, high-fiving and grinning from ear to ear, the three old ladies happily crowed. 'We were at your birthday party yesterday!'*

## Birthdays for the Month of January

No.	NAME	HN	BIRTHDAY	No.	NAME	HN	BIRTHDAY
909	GENE BURNS	HN	1-Jan	864	GAIL SWEET		18-Jan
827	STEPHEN BARRETT	HN	1-Jan	254	SUSAN MALLINSON		18-Jan
198	BRENDA SPEARS		2-Jan	209	BEVERLEY HAFENBRACK		20-Jan
497	XIAO LING HE		2-Jan	63	CAROL COLLINS		20-Jan
54	HELEN TURNER	HN	3-Jan	301	BARBARA FISHER		22-Jan
422	CINDY GIBSON		4-Jan	124	MARYANN MACLEOD		22-Jan
208	CHARLOTTE OXENHOLM		5-Jan	912	ADA LAROCK		23-Jan
53	DONNA CARTER		5-Jan	896	FABIOLA TUDOS		23-Jan
386	EMILIANA D'SOUZA		5-Jan	393	JOANNE ROMANO		23-Jan
353	JO-ANN FILION		5-Jan	7	MYRA LODER		23-Jan
891	JUDY ROGERS		5-Jan	81	SANDY McNALLY		23-Jan
89	PAM BRYAN		6-Jan	62	CHERYL McARTHUR		24-Jan
255	MARIE CHABOT		7-Jan	215	DAVID SMITH		24-Jan
504	SUHUI LIN		8-Jan	117	HENK HARTOG	HN	24-Jan
169	WENDY BEDWELL		8-Jan	862	PATRICIA LUTMAN		24-Jan
242	ANDY RISMAN		9-Jan	185	FRED HARTLEY		25-Jan
475	XIN FA CHEN		9-Jan	839	SANDY GRAY		25-Jan
145	BONNIE RICHARDS		10-Jan	404	URSULA SILBERMANN		25-Jan
261	JUDY DENBY		12-Jan	916	ANN MOOTOO		26-Jan
20	LISE PARADIS		13-Jan	860	HELEN LOVE		26-Jan
400	ARLENE CROZIER		14-Jan	905	ALINE REVOY	HN	27-Jan
177	GILLIAN WOODS		14-Jan	6	BILL HENDERSON		27-Jan
103	LYNNE ABOUD		14-Jan	834	GERRY KERSTENS	HN	27-Jan
311	MELVYN DOUGLAS		14-Jan	484	PATSY GAWLEY		27-Jan
866	NORA RICE		14-Jan	420	BAHI KRISHNAKHANDAN		29-Jan
149	SUSAN DESCHENES		15-Jan	60	BIRGIT WILSON		29-Jan
326	YVONNE GONSALVES		15-Jan	46	GARRY BRISBANE		29-Jan
229	AUDREY KIRBY	HN	16-Jan	451	MOYRA OSNACH		30-Jan
200	JERRY JUNG		16-Jan	363	JIM PSIHOGIOS		31-Jan
66	LEE-ANNE McALLISTER		16-Jan				

This list is taken from the latest 2022 Members list. For any errors or omissions, please contact me at [d.bolduc@rogers.com](mailto:d.bolduc@rogers.com).

