



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

Issue112

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Newsletter for Sept 2024

Inside this Issue:

Editor's Notes

Mark Your
Calendar

Club Info

Message from
your President.

Library News

Town of Ajax
Birthdays

- Here comes the Fall! Welcome back to the latest Newsletter after a Summer hiatus.
- We had 2 successful events this Summer. The BBQ and Horse Racing event and the Honourary Members Luncheon. Jan Herbert provides all of the details in her message.
- If you are no longer receiving emails from me, please let me know and I'll put you back on the list.
- Please refer to our Ajax Seniors' Club website for more up-to-date information. It's not done daily but we do try to refresh it each week.

I used to eat a lot of natural foods until I learned that most people die of natural causes.

How did the man who made the first clock know what time it was?

MARK YOUR CALENDAR

- Sept 2nd Labour Day Holiday - (St Andrews custodian only until 1pm)
- Sept 13th National Bald Is Beautiful Day (*one of my favourites*)
- Sept 23rd First day of Autumn

CLUB INFO

- There have been some changes of Coordinators in several activities. One activity, euchre every 2nd Saturday, is suspended until we can find a Coordinator for it. The Activity list is available on the website and is shown by activity, coordinator and individual days played. Printouts of the club's Activity List are available at both centres.
- The Nominating Committee will be posting the sign-up sheets for positions on the 2025 Board in the next few Months. We urge you to consider joining the Board in helping to run your club as some positions may be vacant. We need these positions filled in order for the club to operate in both centres next year.

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

MESSAGE FROM YOUR PRESIDENT & VICE PRESIDENT

- We are at the end of Summer; Fall is around the corner!! Are we ready?
- For your information, we have well over 700 members signed up at the moment, many are new to this Centre and some completely new to both locations. For that reason, I think it appropriate to mention we do have a code of conduct printed at both centers that speak about behaviour from all members towards each other. We all want to come and experience the benefit of the activities that are offered at both locations without feeling concerned or uneasy. If, at any time, you feel that someone has upset you, please speak to the coordinator so they can be aware of the issue. Then, if they can't resolve it, it will be brought forward to the Activity Manager to get involved. We want everyone to be at ease when coming to the club.
- Our Pickleball players have grown in numbers to over 90 members. The coordinators for this activity do a fantastic job in organizing the times people can play. It is for that reason we have had to stop taking any new members that want to join the club to strictly play pickleball. There is only one court in the GYM and there is no room to increase it.
- The outdoor court that the Town installed in the back grass area has two courts and is being used by families from young children to adults for more than pickleball. The Town controls this, so we have no involvement in what takes place there. Any questions or concerns have to be directed to the phone number on the fence at the court.
- A quick comment to all coordinators! If you are starting a class in September, please inform the Activity Manager Don Norheim at 647.394.3529 for St Andrews'.
- The Nominating Committee will be posting the sign-up sheets for positions on the Board in the next few Months. Please give some thought to joining the Board in helping to run your club! There are several roles that you can start to help with so you get an understanding of what is involved in running the centers. We are all unpaid volunteers, and we do this because we enjoy seeing everyone happy and out meeting friends and having fun.
- We did hold the Honourary lunch for the 90+ year old members at the ACC which was an enormous success.
- I do think this event should continue to be a yearly affair and we will try to organize it at St Andrews next time. The Honourary Members cabinet has some of the pictures plus the group photo. We are in the process of printing individual shots for the honourary members. When ready, we will distribute them.
- Hope this finds everyone well, healthy and ready for the fall season.

FRASER GRANT (289) 200-4800

Note to self: Do not sit on the floor without a plan on how to get back up.

If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?

Why do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Why did you just try singing the two songs above?

- July 13th was a busy day at St. Andrew's Friendship Centre! It was "BBQ and Race Day", a long-awaited event since COVID. We started the day with a BBQ organized by Rosita and members of the executive. Hamburgers, sausages and a variety of salads were served with chips and an ice cream bar to follow. One hundred forty-one members were fed as well as a number of volunteers for a mere \$10 each.

At 1:00, Fraser began the introduction of the main event, Horse Racing! For \$1, you could place a bet on your favourite horse and be a potential winner. Six races in all provided lots of excitement. All monies, a total of \$1,192, went back to the lucky winners of the day. It was a wonderful day!

Thank you to Fraser and executive members for organizing the racing portion of the day and thank you to Rosita and the executive members who organized the BBQ. The support from our AJAX SENIOR'S membership was greatly appreciated. We look forward to next year's Racing Day at St. Andrew's.

- Another main event this year was our Honourary Lunch on July 27th, treating Ajax Seniors who are 90 years young, or older, to a delicious spread put on by Sean and Agavi Taylor of The Melting Pot.

Forty-seven invitations were sent to our Honourary members. Thirty-five members and their guests enjoyed lunch and entertainment in the HMS room at Ajax Community Centre. Councillors Lisa Bower, Nancy Henry and Marilyn Crawford also attended and helped give out gifts to the Honourary members.

Jeanette Vandervooren entertained us with her jokes and musical talents.

Thank you to Rod and Joanne Daw for their photography. A group picture as well as candid pictures are displayed at both St. Andrew's Friendship Centre and Pickering Village Centre.

As usual, Fraser did an excellent job as MC for the afternoon.

Fraser and I will be working on printing candid pictures that have been requested.

Thank you to Westney Gardens and Chartwell for their gift donations.

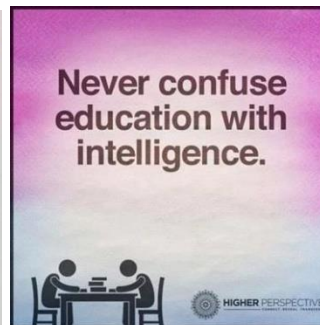
Many thanks to my committee, Anne Marie, Chris, Agnes, Kat, Trinda, Rosita and Gail. Without their help and support this event would not be possible.

- Fraser and I would like to recognize and thank Parkland (Shannex Inc.) for their kind donation of \$1000.00 that was presented to us on July 17th during their 1st year anniversary celebration. This money will help toward sponsoring future events.

Jan Herbert (905) 903-3537



By replacing your morning coffee with green tea, you can lose up to 87% of what little joy you still have left in your life.



[INFORMATION FROM THE TOWN OF AJAX](#)

All the details (registration links and program descriptions) for upcoming events are available under www.ajax.ca/AgingWellMonth2024 on the internet or contact.

Moninder Nahar-Arjun,

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

[AJAX LIBRARY PROGRAMS](#)

- **Knitting and Crochet for Community – Wed Sep 4 | 1pm–3pm (Audley Branch) (Drop-In)**
The library is pleased to welcome Knitting and Crochet for Community, a group formed to connect charity knitters and crocheters, yarn, and tools with volunteers who make items with love for those who may need them (such as seniors or low-income, ill, or homeless children and adults). The group meets on the first Wednesday of every month. New members welcome.
- **Autumn is a Great Gardening Season – Tues Sep 10 | 1:30PM-3:00PM (Main Branch)**
The title says it all! Ken Brown will lead us through an informative and entertaining look at the autumn gardening season. To register, visit: <https://ajaxlibrary.ca/node/2620>
- **Tenant Rights and Responsibilities Information Session – Wed Sep 11 | 6:30PM-7:30PM (Main Branch)**
This session will empower tenants with the knowledge needed for successful tenancies. Participants will learn about common legal forms, tenancy agreements, paying rent and the responsibilities of both tenant and landlord. This presentation will be followed by a question-and-answer session. Presented in partnership with Community Development Council Durham. To register, visit: <https://ajaxlibrary.ca/node/2556>
- **Introduction to Bollywood Dance – Sat Sep 21 | 10:00AM-11:00AM (Main Branch)**
Move, dance, and express yourself at this introduction to Bollywood dance! Enjoy learning a combination of classical Indian and folk dancing with pop influences. Comfortable attire required. Presented in partnership with the Town of Ajax. To register, visit: <https://ajaxlibrary.ca/node/2558>
- **Author Visit Featuring Uzma Jalaluddin and Leanne Toshiko Simpson – Tues Sep 24 | 7:00PM-8:00PM (Main Branch)**
Enjoy dessert, coffee, and a compelling conversation with authors Uzma Jalaluddin and Leanne Toshiko Simpson. A book signing will follow. Presented in partnership with Blue Heron Books. To register, visit: <https://ajaxlibrary.ca/node/2559>

- **ID And Electricity Support Program Clinic – Wed Sep 25 | 1:00PM-4:00PM (Main Branch)**

Housing Workers will assist residents of Ajax and Pickering to apply for the Ontario Electricity Support Program monthly credit for low-income households and/or replacement Ontario Birth Certificates. OESP applicants are required to bring proof of income for all household members and a full copy of their most recent electricity bill. Presented in partnership with Community Development Council Durham. To register, visit: <https://ajaxlibrary.ca/node/2657>

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

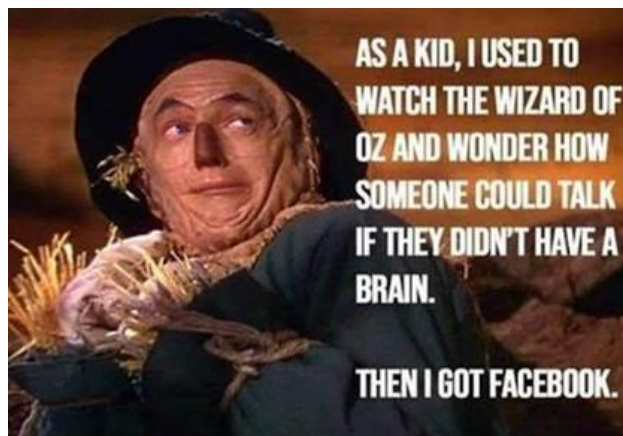
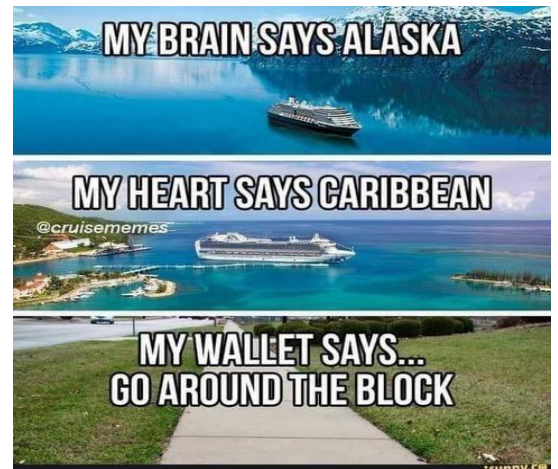
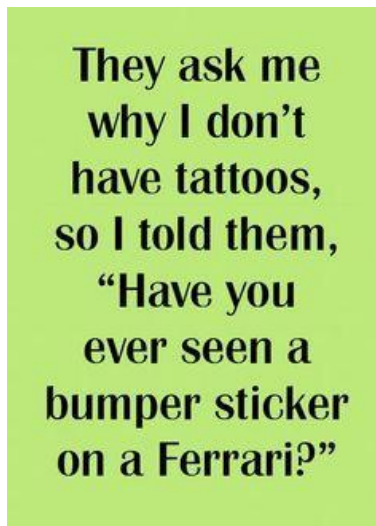
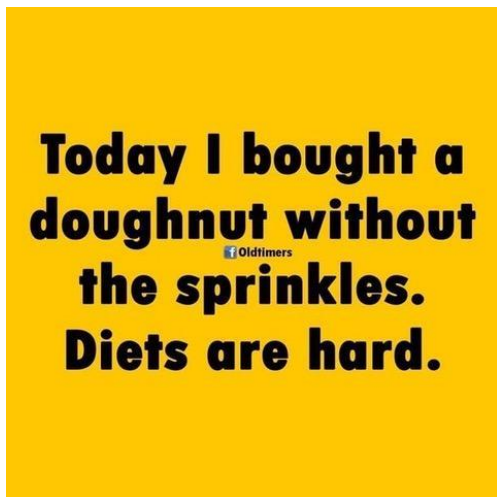
Julia Campbell (she/her) Adult Services Librarian

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

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

Julia Campbell (she/her) Adult Services Librarian

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Birthdays for the Month of September

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
336	CHRISTINE ABEL		1-Sep
69	RON LAROCK		1-Sep
614	JANET BINDER		2-Sep
687	MARIE BILLINGER		2-Sep
757	SAVITRI SANKAR		2-Sep
539	SUZANNE WINTER		2-Sep
541	ELIZABETH METCALF		3-Sep
423	MARIE SHAW		3-Sep
698	KIRTIDA DAVE		5-Sep
669	LAWRENCE CELESTIN		5-Sep
216	BUD CLARK		6-Sep
272	DONNA LOCKWOOD		6-Sep
240	NANCY STEWART		6-Sep
105	JULIE MacINTOSH		7-Sep
521	SHERRY CLEARY		7-Sep
293	LEO DA SILVA		8-Sep
275	DONNA THOMPSON		9-Sep
628	JIM MERCHAND		9-Sep
36	ALISON MEIKLE		10-Sep
745	DOROTHY HART		10-Sep
466	MARY ANN HALL		10-Sep
536	DON REIST		11-Sep
99	MIKE PASSY		11-Sep
271	DOLORES LESLIE	HN	12-Sep
260	JANET ALEXANDER		12-Sep
741	PATTY HALKIAS		12-Sep
25	JUDY DARMOS		13-Sep
365	LORRAINE BILLINGS		13-Sep
72	MERRYBETH MORPHET		13-Sep
346	VIKTOR VINCZE	HN	13-Sep
384	JANE KEARY		14-Sep
587	NELLIE WEST		14-Sep

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
77	SHARON GABRIEL		14-Sep
672	SHEILA LAWRENCE		14-Sep
19	BEVERLY NORMOYLE		15-Sep
101	DENISE CHOW		16-Sep
656	FRAN CLARKE		18-Sep
175	JOHN EVENDEN		19-Sep
45	TIINA HEYDUCK		19-Sep
352	ELAINE DeVOCHT		20-Sep
273	LOUISE KENNEDY		20-Sep
436	GRAEME GAUDET		21-Sep
627	MARSHA RODRIGUES		21-Sep
705	ANITA WITTY		22-Sep
440	ISOBEL MULLEN	HN	22-Sep
102	KATHY YOUNG		22-Sep
87	RON MITCHELL		22-Sep
236	LU KOHUTIAK		23-Sep
418	WENDY CHARBONNEAU		23-Sep
504	DAVID RAMSAY		24-Sep
1	FRASER GRANT		24-Sep
563	GUOQUAN ZHANG		25-Sep
171	REGINALD VARUNA		25-Sep
278	ANITA ARORA		26-Sep
133	EDWARD RUSSELL		26-Sep
564	JIAN ZHANG		26-Sep
128	LYNDA SHAPIRO		26-Sep
616	SANDY McGRATH		26-Sep
634	VILMA BASA		26-Sep
377	LIDIA LOMBARDO		28-Sep
208	LILLIAN McGRATH	HN	28-Sep
519	ROSANNA CHEESEMAN-WILLIAMS		29-Sep
247	NANCY ADAMS		30-Sep
224	WARREN HUSSEY		30-Sep

