

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 105

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Newsletter for November 2023

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• Happy November to everyone. The south parking lot is now complete and the north parking lot has been paved. We should be back to full parking very soon! It has been over a year! Thanks to Fraser for working with the Town to get this moving again.

• **Let Us Never Forget Nov. 11**

Find your moment – honour those who have served and show thanks for their sacrifice.

You can pay tribute to our veterans and active service members by wearing a poppy and observing a moment of silence at 11 a.m.

Shout out to everyone who can still remember their childhood phone number but can't remember the password they created yesterday. You are my people.

MARK YOUR CALENDAR

- * Sun. Nov 5th Time Change – fall back one hour.
- * Sat. Nov 11th Remembrance Day
- * Thur. Nov 23rd U.S. Thanksgiving
- * Fri. Nov 24th U.S. Black Friday
- * Sun. Nov 26th St. Andrew's Annual General Meeting.

CLUB INFO

- We need an instructor for the Exercise Class every Tuesday from 1.30 to 2.30pm. Our present instructor is leaving on November 14.
- We are still looking for a Coordinator for the Social Group. If you are willing to take on this position or know someone who would, please contact Fraser. Until then, the Social Group is suspended.
- **Let's Do Lunch - Understanding Food Labels**
Date: Tuesday November 14, 2023
Time: 11:15am to 1:15pm
Location: Pickering Village Senior Centre - 29 Linton Ave. Ajax, ON

Due to my isolation, I finished three books yesterday. And believe me, that's a lot of coloring.

MESSAGE FROM YOUR PRESIDENTS

- We recently had our monthly board meeting and discussed the new Structure for Ajax Seniors' Clubs moving forward. In 2024, there will be a new look to the club!! Happy that we are moving forward and sad that we are losing a few of our long-time board members (but not leaving the centre only the board.)
- **Lois** is stepping down from being the Vice President, so she can spend more time with her friends at Euchre and Bid Euchre. I for one say she will be missed; her wisdom AND sound logic will be a loss to all of us. She has been a valuable part of the centre for so long this is her second home, but she knows the way back!!
- **Iris** is also leaving us from the position of Treasurer. Iris will still be coming back to the centre to play cards and help with the crafts on a Friday. She has helped me in so many ways to ensure we have money in the bank to buy new equipment, pay for the kitchen supplies (the costs of which are increasing each month) Again, we will be pleased to see her out and about at the centre.
- **Chris** has also decided to step down, for health reasons, from her role as activity director. This position has been very challenging as we did have some issues with parking, COVID and the loss of members. She has started to return to the centre to play games of cards and her friends are very happy to see this. We know that in 2024, she will be back and suggesting what events we need to hold. I do look forward to seeing and hearing from her in 2024.
- **Marilyn** Cresswell has also been on the board for a few years and would encourage the younger members to step up and offer their assistance to the running of the centre. Marilyn has helped in many segments of the centre. The social group comes to mind as she and Chris were instrumental in getting them back on track after COVID.
- We wish all these board members well in their retirement from the board.
- We will have the **AGM** (Annual General Meeting) on Sunday, November 26 (mark it now in your calendar). The meeting will start at 1 pm. We will be speaking more about the two centres now being one in 2024 so this is a date that you should be available for!!! We will also be presenting to you the new board for 2024. We will be asking for suggestions from you, the members, of any changes you think we need to discuss in the coming months.
- We did pick a date and location for the 2023 Christmas dinner. See her Message for details. Jan is involved with the committee re the organization of this event.
- I hope everyone has had an opportunity to look at the web site for your club! Doug, the Web Master, has done a fantastic job in getting this up and operational. Please check it out. This is your site where any comments are very welcome.

Thanks for now.

FRASER GRANT (289) 200-4800

- We will be having a Christmas Dinner at the ACC this year on Friday December 8th from 3 to 7 pm. Doors will open at 2:30. The cost of each ticket is \$30 and they will be on sale starting November 6th. There will be specific sale times which will be posted on the Bulletin Boards at each centre and on the website. Please call me for any questions.
- 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

*Did you know muffins spelled backwards is what you do when you take them out of the oven?
I tried to come up with a carpentry pun that woodwork. I thought I nailed it but nobody saw it.
My friend said she wouldn't eat cow's tongue because it came out of a cow's mouth.
I gave her an egg.*

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

Preparing for Your Medical Appointment – Wed., November 15 | 10:00 AM – 11:30 AM (Online- Zoom)

Learn how to prepare an optimal action plan, communicate with your health care provider more effectively, and advocate for yourself. Registration required.

Winter Bird Feeding – Wednesday, November 15 | 6:30 PM – 8:00 PM (Main Branch)

We'll introduce common backyard birds across the GTA, feeder styles, seed mixes, and maintenance, as well as provide supplies for you to make a birdfeeder of your own! Registration required.

Memory Quilts – Tuesday, November 28 | 1:00 PM – 2:30 PM (McLean Branch)

Learn about the tradition of making memory quilts and get hands-on experience. Materials will be provided to make a quilt block. Registration required.

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

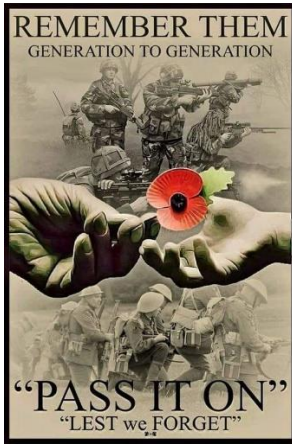
Catherine Andru,

Adult Services Librarian

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

Just spoke with Bill Withers and told him "Ain't No Sunshine" is bad grammar.

He said, "I know, I know, I know, I know, I know, I know, I know, I know, I know, I know."



WOUNDED WARRIORS – OUR HEROES

It was with thought of others
 You put your life on the line.
 We honour and respect you
 In so many different ways,
 We almost burst with pride.
 Your life may have changed forever.
 But, in your heart you know
 The sacrifice you made.
 The world will always know.
 For those we lost we will
 Always pray in November,
 On that special day.
 We will never forget.
GOD BLESS YOU ALL!

Brenda Clark

In Flanders Fields

In Flanders Fields, the poppies blow
 Between the crosses, row on row,
 That mark our place; and in the sky
 The larks, still bravely singing fly,
 Scarce heard amid the guns below.

We are the dead. Short days ago
 We lived, felt dawn, saw sunset glow,
 Loved and were loved, and now we lie,
 In Flanders Fields.

Take up our quarrel with the foe:
 To you from failing hands we throw
 The torch: be yours to hold it high.
 If ye break faith with us who die,
 We shall not sleep, though poppies grow
 In Flanders Fields

John McCrae 1872-1918

Some thoughts to meditate upon.....

The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.

Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.

When I get a headache, I take two aspirin & keep away from children, just like the bottle says.

Just once, I want the prompt for username & password to say, "Close enough".

Becoming an adult is the dumbest thing I've ever done.

"Your call is very important to us. Please enjoy this 40-minute flute solo".

I hate it when I can't figure out how to operate the iPad & my tech support guy is asleep. He's 5 & it's past his bedtime.

Today's 3-year-olds can switch on their laptops & open their favourite apps. When I was 3, I ate mud.

Tip for a successful marriage: don't ask your wife when dinner will be ready while she's mowing the lawn.

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

I decided to stop calling the bathroom "John" & renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

If God wanted me to touch my toes, He would have put them on my knees.

Last year I joined a group for procrastinators. We haven't met yet.

Why do I have to press 1 for English, when you're just going to transfer me to someone I can't understand anyway?

Your people skills are fine. It's your tolerance for idiots that needs work.

"On time" is when you get there.

Even duct tape can't fix stupid - but it does muffle the sound.

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.

Happiness is not having to set the alarm clock.

Birthdays for the Month of November

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
294	DAPHNE JUANSZ		1-Nov
665	IRENE MONDOUX		1-Nov
179	GEORGE BIRNIE		2-Nov
302	GLENDA ROBERTS		2-Nov
783	KEN ARNOTT		2-Nov
75	WAYNE SMITH		3-Nov
739	BETTY GRANT	HN	5-Nov
377	JEAN DILCOCK		5-Nov
510	DEVANATHAN CLIFFORD		7-Nov
282	MARY TAYLOR		7-Nov
494	CARMINE STANOD		8-Nov
283	KATHY GADZIOLA		8-Nov
11	MARIA PALMIERI		8-Nov
338	SUWEN OU		8-Nov
346	AMY KUNG GORMAN		9-Nov
719	GAILE STATKUS		9-Nov
539	JANICE KAMINSKY		9-Nov
213	BEV. WETMORE		10-Nov
394	SONIA OSTROFF		10-Nov
336	DONG XIANG LIU		11-Nov
331	MARK HENRY		11-Nov
24	GEORGE OXENHOLM		12-Nov
685	MAUREEN STEPHEN		14-Nov
383	PATRICK CRAMPSEY		14-Nov
330	CAROL BREBANOV		15-Nov
656	CATHERINE QUINLAN		15-Nov
55	SANDI IESALNIEKS		15-Nov
661	ROSE LAZARUS		16-Nov
418	MICHAEL CONNOLLY		17-Nov
343	TIAN CAI LI		17-Nov
516	BRIAN McLENNAN		18-Nov

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
253	MARGO KENNEDY		18-Nov
654	MICKEY MANN		19-Nov
450	ENID YEARWOOD		20-Nov
100	DEBORAH BAKER		21-Nov
403	ANN WAUGH		22-Nov
679	PEGGY METCALFE		23-Nov
124	AMAR LUTHRA		24-Nov
771	GAJENDRA DAVE		24-Nov
779	MARIE PHOENIX		24-Nov
284	NANCY CAMERON-OATES		24-Nov
247	PETER HEYES		24-Nov
88	RONALD BAILEY		24-Nov
125	SYLVIA PRABHU		24-Nov
30	CINDY COLE		25-Nov
202	RINIE CANTALINI		25-Nov
391	GEORGE CREIGHTON		26-Nov
236	GLEN NELSON		26-Nov
47	MARIANNE WACHHOLZ		26-Nov
735	PATTI JOHNSTONE		26-Nov
495	INONA JOINER		28-Nov
716	ANETTE KNUDSEN		29-Nov
446	CAROL MILLER		29-Nov
523	LORETTA LEWIS		29-Nov
127	TERRY CHAMILLIARD	HN	29-Nov
50	BARBARA TWINER		30-Nov
416	CHRIS WHITTAKER		30-Nov
313	DEBBIE HOFFMAN		30-Nov
472	LYNDA CREIGHTON		30-Nov
245	MAUREEN TAMM		30-Nov
520	NUNO MONIZ		30-Nov

IN MEMORY

Mary McGrady
Peter Heyes
Sheena Bracewell
Martin Koppens