



AJAX SENIORS' CLUB

St. Andrew's Friendship Centre

46 Exeter Rd., Ajax, L1S 2J8

905.686.1573

Pickering Village Centre

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Issue 110

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Newsletter for June 2024

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- FYI, the website address is ajaxseniorsclub.ca. Also, our new logo is now added to the top of the Newsletter.
- An early reminder. The St. Andrew's Centre and GYM will be closed for maintenance from Sunday, July 14 to Saturday, July 20.
- As you will see from below there are a lot of events going on in June. Most of them (except the Strawberry Social) are being put on by the Town of Ajax. See the Town of Ajax news on page 3 for more info.
- If you are no longer receiving emails from me, please let me know and I'll put you back on the list.

The first bottles of Coca Cola contained 3.5 grams of cocaine which explains how our parents were able to walk to school uphill both ways in the snow.

MARK YOUR CALENDAR

- June 8th Strawberry Social - SOLD OUT
- June 10th Hearing Clinic at Village. 1-3pm Sign up sheets on Events board.
- June 11th Hearing Clinic at St. Andrew's. 9-12pm. Sign up sheets on Events board.
- June 11th Stamp Art by Merlin at Village. 11:30-1pm.
- June 13th Town of Ajax Seniors BBQ. 11:30 am. Busing from both centres.
- June 16th Father's Day.
- June 18th Stamp Art by Merlin at Village. 11:30-1pm.
- June 19th Games Night at Village. 6 pm.
- June 22nd Latin Dance Night for Pairs at St. Andrew's. 6 pm.

CLUB INFO

- Our annual Strawberry Social has SOLD OUT! For those with tickets, it is at 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.

- The Summer B.B.Q. and Horse Racing Day at St Andrews 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. Tickets are now on sale. Watch for where and when! This event requires a lot of volunteers. If you would like to be help out, please contact Rosita at (905) 686-0264 or one of the other Executive Members. We could sure use your help.
- The Town of Ajax BBQ will be held at AUDLEY REC CENTRE on June 13th. There will be a bus provided at each centre. The schedule will be posted at both centres. Remember to check the EVENTS board!
- The Tuesday and Friday Exercise classes will end at the end of June and return in September.

MESSAGE FROM YOUR PRESIDENT & VICE PRESIDENT

- Hi Folks, Great news we have purchased the Bingo Score Board plus a new machine! This has been on the books for a few years, but the cost has been a concern. We have been lucky in receiving some money from the Town of Ajax so this has now been possible. We are also looking into replacing the green carpets that are used for indoor carpet bowling.
- Both these activities are well attended and by having the bingo board for all to see the numbers, some of our members with a hearing problem can now return to the bingo game they enjoy so much.
- As you can see by Doug's information about the summers activities there is a lot going on. Please check the bulletin board every time you come to either center. You will need to register for some of these events or enter on the sign-up sheets provided at both locations.
- I did speak on Wednesday to the group about the change in temperature, so please if you find the temperature either too warm or too cold speak to the custodian as they are the only people that can and should be adjusting the monitors.
- We will try to accommodate everyone in all the rooms. We are purchasing a rotary fan to be used in the Solarium if/when the temperature gets too hot. We can also move some activities to different rooms if required. Again, the custodian will be informed by either myself or Jan. This way everyone is aware of any changes.

FRASER GRANT (289) 200-4800

Jan Herbert (905) 903-3537

Light travels faster than sound. This is why some people appear bright until you hear them speak.

A day without sunshine is like, well, night.

Those who live by the sword get shot by those who don't.

The things that come to those who wait, may be the things left by those who got there first.

INFORMATION FROM THE TOWN OF AJAX

Games Night will be held at the Village on Wednesday June 19 at 6 pm. There will be about 6 games that town staff will be introducing. The plan is to spend 20 minutes at each game as a brief introduction, have a break and then participants can choose which game they would like to play.

The **Latin Dance Night** will be at St. Andrew's on June 22nd at 6 pm. There will be a teacher. Both nights require registration online. Space will be limited.

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

Practical Planning for Your Health

Wednesday, June 5, 1–2:30 p.m. Main Branch

Explore ways to support your health by considering the five domains of wellness: physical, emotional, intellectual, spiritual, and social. Presented in partnership with Home and Community Care Support Services, Central East Self-Management Program.

Let's Talk About Stroke: Do You Know the Signs?

Wednesday, June 26, 1:30–2:30 p.m. Main Branch

Learn more about stroke and transient ischemic attacks, including signs of stroke, what to do if you think you are having a stroke, risk factors, and risk factor modification. Presented in partnership with Lakeridge Health

Living a Healthy Life with Diabetes

Wednesdays, May 22–June 26 (six-week session) 9–11:30 a.m. Zoom

Join this virtual workshop series to learn skills and tools to better manage your diabetes or pre-diabetes. All participants will receive the “Living a Healthy Life with Chronic Conditions” resource book. Caregivers are welcome to register.

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

If the shoe fits, get another one just like it.

Flashlight: A case for holding dead batteries.

He who laughs last, thinks slowest.

Birthdays for the Month of June

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
160	CHAMPABEN PAREKH		1-Jun
480	JAMES McGRADY		1-Jun
358	LINDA WRIGHT		1-Jun
388	JACK CROFT	HN	2-Jun
113	JIM MEEK		2-Jun
450	ANN AMYOT		3-Jun
83	DEREK PRESLAND		3-Jun
558	JIN GUI WU		3-Jun
432	JOYCE McLEAN		4-Jun
161	RAFIK GARABEDIAN		4-Jun
497	VILMA DeSOUZA		5-Jun
40	JOHN BURGESS		6-Jun
503	GEORGE SMITH		7-Jun
206	NELLIE WALKER		7-Jun
524	DIANNE BERNARD		8-Jun
648	ISOBEL CAMPBELL		8-Jun
553	JING YAN SHAO		11-Jun
6	MARGARET BUDAI	HN	11-Jun
577	GLEN KENNEDY		13-Jun
143	GABRIELA LEANDRO		14-Jun
16	JOSE DE SOUSA		14-Jun
211	MARGARET LANGFIELD		14-Jun
227	ILKO DOSSEV		15-Jun
692	JAGDISHBHAI VYAS		15-Jun
386	SANDRA ARMOUR		15-Jun

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
130	EVELYN MORRISSEY	HN	16-Jun
573	IAN GORDON		16-Jun
31	ROBERT GARDENER	HN	16-Jun
684	SANDRA GODWIN		16-Jun
267	GAIL ERNST		17-Jun
487	GAIL RICHARDSON		17-Jun
402	LOUISE JOHNSON	HN	17-Jun
268	MARGARET NEMETH		18-Jun
7	PATRICIA BOLGER		19-Jun
183	DON NORTHEIM		20-Jun
190	LOIS AUSTIN		22-Jun
185	VALERIE POWELL		22-Jun
356	JOAN BRANDSTETTER	HN	23-Jun
671	KAREN BAILEY		23-Jun
532	JOANNE COLUCCI		24-Jun
361	ANNE-MARIE JOHNSON		25-Jun
498	MANOEL DeSOUZA		25-Jun
78	BECKY MARTIN		26-Jun
201	RICHARD GRIERSON		26-Jun
84	TONY LEES		26-Jun
509	AMREETA JHURRY		27-Jun
633	JAVAD GEZELBAS		27-Jun
366	LIAM MACCOBB		27-Jun
663	DONNA ROBERTS		29-Jun
516	GAIL MINSHULL		30-Jun

