

Kerr News

Heads Up!



This year the Oakville Seniors Centre is celebrating 35 years of offering programs and services to seniors in the Town of Oakville! In the fall there will be an event to celebrate, so if you were, or are a current member, be sure to pick up the fall newsletter for details of this very special anniversary celebration!!

Lost and Found



We have a lot of lost items that need to be found by their owner! If you think you have lost something, check the lost and found drawer in the cloak room.

We won't keep them for long, as twice a year we donate them to another home.

Visitors to the Centre

Karen and the twins have popped into the Centre in their double stroller to check out where Mommy works. Clyde is the big brother and Fiona has her mother's hair colour. Congratulations to Karen and Mathew!

Improvements to the Centre



Lots of work has taken place during the fall and winter months. Due to condensation between the glass, several windows were replaced with higher energy efficient windows just before Christmas. The upper windows in the Auditorium look like they are not even there! New window coverings will also be installed on all the lower windows.

A white board was installed in the Craft room to make it more conducive to programs and meetings.

In addition to the storage areas in the centre, the "kiln room" has now become available for meetings, clinics and small programs. In January there was a "Name Game" whereby members submitted a name for the kiln room, but at the time of the printing of this newsletter, the game has not ended. We will keep you posted on the new name for the old kiln room.

The roof on the east side of the centre had snow dams installed. You may or may not have noticed them, they look like very small clear pyramids. They prevent large slabs of snow from falling down to the walkway.

Thanks to the Town of Oakville and the Property Committee for all their hard work!

Online Registration Coaching

On Wednesday, August 11th @ 1:30 p.m. come on in and be shown how to register online for your fall programs. A sign up sheet will be available at the reception desk starting August 3rd.

Tropical Night

Our "Tropical Night" event in October 2009 was a great success, thanks to a team of very hard working volunteers. The food prepared by Anna Pittens was very popular and together with the lovely decorations by Verena Sherman and the efforts of everyone involved, made for a very enjoyable evening. Our M.C., Doug McConnell, kept everything moving along very smoothly. All in all, everyone had a lot of fun! Thanks to all involved.



*Connie Strachan,
Convenor*

Thank You!

Thanks go out to the Volunteers who decorated the Centre for the Holidays, many members commented on how lovely the tree looked in the reception area and how festive the centre looked.

Thanks go out to Delmanor Retirement Home, Lifestyle Retirement Homes and O'Connor Catering for their donations to the many special events that took place during the fall and winter season.

Annual Holiday Bazaar

Once again our Annual Bazaar was a success, due to the kind folks of our Centre. Some donated hours of volunteer time helping to organize the day and make it the pleasant atmosphere that it was, whilst others donated baked 'goodies', crafts, sewing, knitted articles & not forgetting the 'nearly new' jewellery. The Tea Room was a welcoming & cheerful place to sit and relax with a light lunch at reasonable prices. I believe that the overall impression was of a "successful bazaar". Thanks to one and all for your input and dedication for a lovely day.

*Maureen Penny,
Convenor*

Christmas at Kerr

A wonderful time was had by all who attended this special event. We enjoyed listening to Earl who played the piano. The Centre looked lovely and festive thanks to a volunteer Christmas Decorating Committee. The unlucky person at the table who did not have a ribbon on their chair turned out to be the lucky recipient of a beautiful poinsettia. Thank you to all who brought in a food donation for the food bank.



Annual General Meeting

Plan to attend this very informative and interesting meeting on March 12 at 11:30 a.m. The year in review will highlight all the hard work and accomplishments by your Operations Board and Committees. After the meeting, lunch will be served and we will have a speaker from Halton Healthcare to talk about the expansion of the Oakville Trafalgar Hospital. Don't miss this meeting!

Gently Used Treasures

If you have items in your house that you no longer treasure, why not donate them to the Centre's Annual Garage sale? We will be accepting items on Friday, April 30 for our garage sale on May 1. Sorry, shoes and clothing will not be accepted.

Library Notes.....

Book Library



Don't forget that we accept nearly new hardcover and paperback books and these may be placed in the cloak room in a drawer marked "Books".

Lending is on the honor system.

Please return to the same drawer after you have enjoyed them!

Movie Library

You are sure to find a great movie to watch in our movie lending library located in the reception area. Simply sign out the movie and bring it back! It's that easy and best of all there's no charge! If you have DVDs that you no longer use consider donating them to the centre to share with fellow members. Drop them off at the reception desk.

Garage Sale



Mark your calendars for this annual event on Saturday, May 1 from 10:00 a.m.– 1:00 p.m.

You never know what you will find at a garage sale, it could be just what you were looking for! See you there!

Gardens

Anyone interested in helping to maintain our beautiful gardens this spring and summer, please contact Maggie or Lynne at the Centre. Last summer we had beautiful grounds all cared for by a wonderful team of volunteers.



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Colborne News

Christmas at Colborne Craft Sale and Victorian Tea



Once again our annual fundraiser was a great success, clearing over \$7200 for the Centre. Our volunteers work tirelessly all year round to produce or supply the wonderful items for sale. The Centre is full of members, their families, and members of the community who have come to expect quality items at a fair price and lots of fun!

The Christmas at Colborne Raffle produced several very happy people!

Quilt	Doug Clouse
Knitted dolls	J. Turnbull & Jessie Stewart
Chocolate basket	Jackie Yundt
Italian Delight basket	Terry Ponedel
Wine tray, wine & glasses	Stephanie Lee
Area Rug	Kash Charabin
Basket of books	Kash Charabin
Coffee basket	Mrs. Stock

The annual 50/50 draw raised \$216 - \$108 for the Centre and \$108 for Olive Johnson.

Thank you to all the volunteers who always give so willingly of their time and talents to help the Centre by raising funds for our activities. And thank you to all of you who came to shop and support the Centre by being a good customer, or help with sandwiches and sweets for the Tea Room, or baking for the Bake Table.

Another New Face



Please take a minute and welcome Rhonda Dunphy to the Centre. Rhonda is the Assistant Programmer at the Iroquois Ridge Older Adult Centre. She works there 3 days a week. We are really happy to have Rhonda with us on Tuesdays from 4 – 8 p.m. Rhonda will be here and available to renew your membership, sell you a ticket, take your program registration, answer any questions you may have or just say “hello”!

The addition of Rhonda to the staff on a part-time basis allows us to open the Centre on Tuesday evenings until 8:00 p.m. As you will notice, we have some new classes this spring that take place after 4:30. With Rhonda here, we are able to offer full service during those times.

Annual General Meeting - March 9, 2010



Check out the Special Events section for the details of our Annual General Meeting. This meeting is important for members to attend. Take this opportunity to support your Centre and those who volunteer to assist staff with the management of your Centre.

New Programs



Speaking of new programs – we have four new Registered Programs and one new Drop-In Program this spring. Mindful Meditation on Tuesdays, Polynesian Fitness, Bellydance Fitness, and Karate for Seniors on Wednesdays. Urban/Nordic Pole Walking is replacing Power Walking on Wednesday mornings. Be sure to check out the details in the appropriate sections and sign up if you are interested.



Watch for the Health Program symbol (Thumbs Up Smiling Face) in the Special Events section of the Newsletter to draw your attention to a program that might interest you regarding your health. We have had a few requests for health-related topics and we've set up speakers throughout the year to tackle many topics from brain health, type II diabetes, reducing stress, weight loss, nutrition, etc. Look for the topics that interest you as the year progresses and join us for an informal afternoon of presentations with question and answer time!

As always, if you have an idea for a new class, speak to Sharon or Julie at the office. We're always on the lookout for something new.

Accessibility Improvements



As most of you are aware, the Province of Ontario has new legislation that details what steps need to be taken to provide a safe environment for all the citizens of Ontario. Late this fall, lights were added in the Centre that work with the fire alarms. Anyone who is hearing impaired will now know that the alarms are going off because the lights will be flashing. Take a minute to notice the lights – located throughout the Centre.

Café Colborne

Is there anyone who hasn't enjoyed the delicious lunches, snacks and treats from the Café? Our membership is very lucky to have 40+ women and one gentleman who work week in and week out to provide top quality sandwiches, soups, muffins, toast, and treats for all of us to enjoy. The food is served with one extra item – good humour!

Those hard workers generated almost \$14,000 in profit from the café this past year. A wonderful way to provide the Centre with funding to help keep our Centre in good condition, with chairs, tables, blinds, carpets, etc. A very special thank you to all those hardworking volunteers.

Other Improvements

The handicapped parking spots at the front of the Centre are always busy. We were able to have one more space marked as handicapped this past fall. In addition, the other two spots will be "limited mobility" spots. Unlike the handicapped spots that require a permit, the limited mobility spots are "on your honour". Please leave those spots for members who have difficulty walking any distance. Your co-operation will make it easier for someone to come to the Centre who might not otherwise be able.

Our new parking lot is working well, taking the on street overflow parking to a safe and uncongested area. To accommodate the full number of spaces for parking, please make sure you are parking within the lines and not straddling the parking spaces, taking up more than one space. Your fellow members will appreciate your thoughtfulness.



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Designate Training



This session is held once per year for those members who assist us by being responsible for the Centre during times when the staff is not on site.

Training consists of information about the Centre, where to find things, security system, sound system, basic first aid, emergency phone numbers, how to contact emergency services, etc. The session usually lasts a couple of hours and we always provide some "treats". If you are interested in becoming a designate, please see Sharon at the Centre. The date for this year's training will be in late Spring. If you are currently a designate, you will be contacted concerning this year's refresher course.

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Lounge Use



It is wonderful to see the lounge put to such good use by informal groups of members dropping in to play cards. It's great to see our Centre so busy but because of this, we do use the lounge for scheduled activities. If you are dropping in for cards, please be aware that the following programs are listed in the Newsletter as taking place in the lounge, and as such, take precedence. Your co-operation is appreciated.

Monday 1:00 – 3:00 p.m. Canasta & Solo Whist

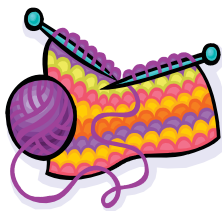
Tuesday 1:00 – 3:00 p.m. Scrabble

Wednesday 11:00 – 2:30 p.m. Friendship Luncheon

Friday 12:30 – 3:30 p.m. Cribbage

On occasion, the lounge will be required for a special event. We will attempt to provide as much advance notice of Special Events that require the use of the lounge.

Knitting & Sewing Group



Thanks to everyone who dropped off donations of wool, yarns, needles and patterns. They are always needed and appreciated.

Thanks also go out to the Anonymous 'knitters', who drop off knitted items for the Christmas Bazaar. These items are always welcome.

*Molly Copping
Knitting Convenor*

Happy Players Golf Club



We started our 2009 season on Monday, April 30th at the Camisle Golf Centre and continued playing until October when the weather dictated play.

We had 78 registered members but the number of players varied each week due to weather conditions and members on vacation etc. Most weeks we had a turn out of 29 members and a number of members were still actively playing during early October.

Our annual end-of-season golf tournament and BBQ was held on September 8th. 48 players participated in the tournament and those members who were unable to play attended the BBQ. The golf was a fun type of game using the four person best ball format.

Once again, I would like to thank the committee and volunteers for their help in organizing this event, also a special thank you to the people who generously donated prizes. I am pleased to say that everyone received a prize.

2010 Season

We plan to start our new season on April 26, 2010 at Camisle Golf Club. Hopefully, the green fees will remain at \$21.00. Registration for members wishing to play will take place on March, 29, 2010 at the Sir John Colborne Recreation Centre between 9:00 a.m. and noon. Registration fees are again \$10.00.

*Mike McKay
Chairperson, Happy Players Golf*

Ridge News

Ridge News

The Iroquois Ridge Older Adults Centre has concluded another successful year. We are looking forward to 2010 with much anticipation.

In 2009, the Town received a grant under the Elderly Persons Centre Program for the first time which allowed for the hiring of a staff person on a part-time basis to aid in the operation of our Centre. This grant also allowed us to replace our aging table tennis equipment and to purchase a Wii System which will allow us to introduce a new program in 2010.

Our programs continue to draw in new members who enjoy the physical challenges and benefits of table tennis and the walking group as well as the social fun of an afternoon of Bridge, Euchre, Book Club or Crafters. In the latter part of 2009, a new program called Current Affairs Discussion Group was introduced. See the Drop-In section of the Newsletter for more information on it's operation in 2010.

Our Special Events provide an opportunity for members to get together in more fun ways such as BBQ, bingo, pizza lunches, trivia contests, movies, potlucks and games. The Special Events Committee has planned many new activities for 2010. For details see the Special Events section of the Newsletter.

The popularity of Line Dancing, Fitness, Square Dancing, Tai Chi and Yoga through the Town Recreation & Culture programming continues to grow. The Rusty Bridge registered

program was offered for the first time in 2009 and was very successful and as a result it will be offered again in 2010. Further details and information can be found in the Registered Program section of the Newsletter.

We urge you to attend our Annual General Meeting which will be held on Wednesday, March 10, where we plan to have another entertaining and interesting meeting and guest speaker Carole Bertuzzi Luciani. Also, please mark your calendars for the Oakville Seniors Picnic scheduled for Wednesday, June.

In 2009, we were able to provide time and space for the Halton Multicultural Council to sponsor a conversation circle in English for new Canadians (newly arrived immigrants). We are hopeful that some from this group will become new members in our Senior Centre in the future. This group also meets to enjoy crafting activities. If you are interested in their activities, please contact the Halton Multicultural Council for additional details.

If you haven't dropped by for a coffee or to participate, we would love to have you join us. Please remember that if you have any ideas or suggestions for events you would like to discuss for inclusion at the Centre, or if you want to jump on the Volunteer wagon for greeting in our Centre, helping with the Bazaar, or with the Friendship Luncheon feel free to call Rhonda Dunphy at 905-845-6601 ext. 3498.

Ted Lambert
Chairperson, IROAC

Welcome Rhonda

Rhonda Dunphy was hired on a one year contract as an Assistant Programmer at the Iroquois Ridge Older Adult Centre with an Elderly Persons Centre (EPC) grant. Rhonda was raised in Ottawa, and completed her Bachelor of Social Science degree from the University of Ottawa. Rhonda recently moved to Burlington and shares her home with her eleven year old son Evan. For the past four years, Rhonda has worked as a Coordinator of Volunteer Services for the Women's Centre and PLASP Childcare Services. She loves to read, spend time with her family and looks forward to getting to know everyone at IROAC.

Annual General Meeting

We are delighted to have Carole Bertuzzi Luciani as this year's annual meeting guest speaker. Carole has just published her new book of 65 true & entertaining stories guaranteed to keep a smile on your face called "I have a story for you ..." and she will be selling her books (\$20 each) following the meeting.

Ridge Walkers

Feel free to join us for pleasant company and conversation every Wednesday at 9:15 a.m. We meet in the Iroquois Ridge Older Adults Centre.



*Delia Heidema & Terry Taylor
Ridge Walkers Convenors*

Wii at the Ridge

We have recently purchased a Wii system for the Ridge with our EPC funds. If you want to experience virtual tennis, bowling or golf drop by on Wednesday, February 3 at 1:30 pm to try it out.

Thanks

Thanks to all of our wonderful Ridge Volunteers who are doing a great job whether you are convening programs, sitting on a board or a committee, organizing special events, the craft sale or volunteering with the Wheels to Meals (Friendship Luncheon) program. You are all doing a great job and the room is a success due to your efforts!!!!

Hidden Treasures Bazaar



Our annual fundraiser was very successful this year thanks to the hard work of all the volunteers. I know that if I mentioned individuals who out did themselves I will leave someone out and I definitely do not want to do that. So again, kudos to all for your dedication and many hours spent preparing and executing the event!!!

We have scheduled a Bazaar brainstorming meeting to take place on Wednesday, February 24 at 11:00 am to talk about new ideas for this year bazaar. Everyone is welcome to attend this meeting.

*Lore Faber
Hidden Treasures Bazaar Convenor*

Find It and Finish It



Our group is working on many projects. We knit or crochet baby hats for newborns, items for the Kerr Street Ministry, crafts for the bazaar as well as our own personal projects. We offer crochet and knitting lessons and occasionally we also learn a new craft. If you are interested in working on one of our projects or just want to drop by for a chat and a relaxing afternoon, come and join us.

We meet every Friday from 1:00 p.m. until 3:00 p.m.

Selma Rasmussen
Convenor

Conversation Circle

Last year IROAC formed a partnership with the Halton Multicultural Council to offer programs to diverse seniors. A Conversation Circle group (where seniors from diverse communities are invited to talk informally with others) started at the Iroquois Ridge Older Adult Centre on Friday mornings.

If you would like to join this group or would like further information please contact Shinbou Yajima at the M.H.C. (905) 842-2486 ext 241.

Information



For further information on any of our programs, on becoming a member or volunteering, please call us at 905-845-6601 ext. 3745.

If we are not available to take your call, please leave a message and we will return it as soon as possible. If you would like immediate assistance, contact Nancy Beddoe at 905-845-6601 ext 3976 or Rhonda Dunphy at 905-845-6604 ext. 3498

ROMAC News

ROMAC Programs

The River Oaks Mature Adults Club has three programs:

- Badminton on Monday and Wednesday
- Carpet Bowling on Tuesday
- Pickle Ball on Thursday

All of these programs start at 1:00 p.m.

We are always happy to have new members visit and try out the programs.

Join us on Family Day February 15 from 2:00 - 4:00 p.m. for Carpet Bowling at River Oaks Community Centre.

*Walter Symonenko
President, ROMAC*

Activity	Name	Phone
ROMAC	Walter Symonenko	905-844-5689
Badminton	Norm Hogg	905-338-6172
Carpet Bowling	Peggy Black	905-844-3618
	Luis Gomes	905-827-4461
Pickle Ball	Brian Wiggins	905-847-6729



Bits & Pieces

Maple Grove United Church

East Oakville Community Group

Cards, Scrabble, Tea and Social Time. Meets on the First, Third and Fifth Thursday of each month, September to June, 1 – 4 p.m.

“Voices of Wisdom from the Past”

Tuesday evenings, January 12, 19 & 26;
7 - 8:30 p.m. The Reverend Canon Dr. Alan Hayes as historical figures who changed the world: Paul of Tarsus, Martin Luther, Pope John 23rd. Voluntary donation.

Health and Wellness “Healthy Aging: Practical Tips and Exercises”

Tuesday, March 16th, 7:00 p.m.; presented by Lis Wheable and Dorothy Gartshore. Seniors \$4.

Centering Prayer Group

Tuesdays 7:00 – 8:30 p.m. Reduce stress with Meditation. Based on Thomas Keating's approach.

Explore Toronto with the Rev. Dr. K. James Campbell

Friday, February 12, Visit the Art Gallery of Ontario, tour the King Tut Exhibit. Bus leaves at 10:00 am. Cost \$65.00.

Seniors' Spring Luncheon

A wonderful home-cooked meal for all seniors; entertainment and fellowship. Meals can be picked up or delivered for those who cannot make it to the church. \$10.00 Registration suggested for all programmes! Call (905) 845-5721 or check our website: Maplegroveunitedchurch.org

Bronte 2 o'clock Club

This group meets the 1st and 3rd Wednesday each month, at 2 p.m. at Church of the Epiphany. Contact Ken Brentnall at 905-827-4323 for further information.

