

# 55 years & Better

## Puce Sports and Leisure Centre

962 Old Tecumseh Road, Puce

519-727-0470 – 1-877-249-3367

[www.lakeshore.ca](http://www.lakeshore.ca) or [www.pucerecentre.com](http://www.pucerecentre.com)

March  
2012

Newsletter

JOIN US IN MARCH AT PUCE SPORTS AND LEISURE CENTRE

### Mother & Daughter Time



Enjoy making a beautiful Swarovski crystal beaded bracelet together  
The Bead Lady will be on site to dazzle us with this magnificent project.

Friday, March 2<sup>nd</sup> @ 10am

Puce Sports and Leisure Centre – Senior Interaction Room

Cost: approx. \$20 (pending number of beads utilized)

Light Lunch included.

Reserve your seat today by calling Recreation Services at 519-727-0470

Register early March for the new Spring Session

Starts week of April 9<sup>th</sup> – 10 week session

### Puce Sports and Leisure Centre

Pickleball

Senior Fitness – 2x week- Monday and Wednesday mornings

Indoor walking during winter months – daily 8:30am-12pm

Scrabble - Mondays

Photography – Mondays

Shuffleboard (May to September) – Tuesdays

Computer classes for Seniors – Tuesdays

Gentle Yoga - Wednesdays

Internet time for Seniors – Thursdays

Tai Chi – Tuesdays and Thursdays

Guitar lessons- Thursdays & euchre – Fridays

Ball Room Dance & Spanish Classes – Sundays





**LAKESHORE'S COMMUNITY HEALTH CHALLENGE**  
**“Walk Daily for Better Health”**

Let's join together in working towards a healthier you!  
Meet Deputy Mayor Al Fazio **every weekday morning at 9am**  
Lakeview Park in Belle River

**FREE WORKSHOP – ESTATE PLANNING & FINAL EXPENSES**

Learn how to reduce estate taxation and final expenses – Contact Darren at 735-9451 to register

Monday, February 27<sup>th</sup> – Daytime session 10am to 1pm – lunch included

Monday, February 27<sup>th</sup> – Evening session 6:30- 7:30pm – lunch included

**Presenters: Darren Hebert, Lawyer and Gavin Stevenson, Pre-Planning Counselor**

**Lakeshore Welcomes Elder College**

In cooperation with the University of Windsor's Canterbury College  
Courses for 55 & Up to be established at the Puce Sports and Leisure Centre.

Join Instructor Gary Rennie for our 1<sup>st</sup> workshop on X-Ski and Snowshoe

Thursday, February 16<sup>th</sup> – 2pm to 5pm –Puce Sports Centre – Room 1A

email [fettesc@uwindsor.ca](mailto:fettesc@uwindsor.ca) to register - great to learn regardless of the lack of snow!

**Debunking the Myths of Older Adult Falls**

**Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.**

(excerpt from the Downsview Services for Seniors newsletter)

**Being active for at least 150 minutes per week can help reduce the risk of:**

**Premature Death \* Heart Disease \* Stroke \* High Blood Pressure \***

**Type 2 Diabetes \* Osteoporosis \* certain types of cancer \***

**overweight & obesity**

**And can lead to improved Fitness – Strength – Mental health!**

**STAY ACTIVE & EAT WELL! Your body and mind will thank you for it!**