

55 & Better Club

Puce Sports and Leisure Centre

962 Old Tecumseh Road, Puce

519-727-0470 – 1-877-249-3367

September
2010

Newsletter

Societe Alzheimer Society – “Public Information Event”

General overview of dementia and what Alzheimer’s disease is.

Workshop Location: Puce Sports and Leisure Centre, 962 County Road 22

Date and time held: Wednesday, September 15th at 10am

Light lunch provided immediately after the workshop

NO CHARGE for participants

Must pre-register with Recreation Services at 519-727-0470

The following will be discussed:

Risk factors and ways to maintain a healthy brain/lifestyle.

Program and services offered by the Alzheimer’s Society.

Contact Recreation Services at 519-727-0470 to register your seating.

Caring for your Parents with Home instead Senior Care Education for the family caregiver workshop series

The Home Instead Senior Care Network is launching ***Caring for your parents: Education for the Family Caregiver***. This family caregiver support series addresses senior resistance of care and features a variety of topics to help the family caregiver such as:

- Recognizing the signs of aging
- Communication Issues
- Long Distance Caregiving
- How to select an in-home care provider

First workshop “Communication Issues” will take place:

Tuesday, September 28th at 10am – Room 1A

Location: Puce Sports and Leisure Centre, 962 County Road 22, Puce

Cost: Free of charge for all participants who pre-register to attend

Light lunch to be served afterwards (included as part of the workshop)

Pre-register by calling Recreation Services at 519-727-0470



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Stay Active in 2010

Looking to get in shape, stay active or simply looking to have fun?

There is always something going on to keep you moving along. We have a great selection of programs in which you can participate.

Ballroom Dancing
Line Dancing
Wii Fit
Scrabble
Indoor Walking
Pilates

Guitar Lessons
Shuffleboard
Yoga
Computer Classes
Photography course
Self Defense Course

Pickleball
Fitness classes
Trail walking with instructor
Monthly workshops
Zumba Gold
Quilting & Sewing



Social Gatherings

Looking for Social get-togethers? Check out our monthly schedule of events for our social gatherings. There is something for everyone, such as dances, walking clubs, and scrabble. We welcome any and all ideas you might have to improve our social scheduling.

Come to pick up a schedule of events, call us at 727-0470 or visit the website at www.pucerecentre.com or www.lakeshore.ca



55 & BETTER CLUB

“Grandparents/Grandkids Special Reading Time”

and gentle pets too are welcomed to come and share some *quality time*

improving reading skills in a comfortable, non judgmental environment.

Grandparents will also spend some time developing a short story with their child of their experience together! Facilitator on site to assist throughout the session.

Books available on site. **Gentle pets permitted to attend to take part in this memorable experience** (must be social in nature)

Starts September 13th –Monday evenings – Room 13 – 6:30pm (1 hour)
FREE OF CHARGE (on going through the fall session)

55 & Better Club Schedule of Activities

STARTS WEEK OF SEPTEMBER 13TH						
SCHEDULE OF ACTIVITY – 55 & Better + regular Adult Schedule						
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Sat.	Sun
Indoor walking daily am Free Oct.-April	Indoor walking daily am Free Oct-April	Indoor walking daily am Free Oct-April	Indoor walking Daily am Free Oct-April	Indoor walking daily am Free Oct-April	Self defense Course c/o Art Mason 12 wks-\$60	Ball Room Dance Oct 17th to Nov. 21 st 3pm-4:30pm 6 weeks \$50
Pickleball 10am-12pm \$2	Shuffleboard 9am gym Drop in \$2 Sept-Dec	Sewing & Quilting The easier way! 9:30am Free – starts Sept 15th	Senior Fitness 11am-gym 10 weeks \$50	Pickleball 10am \$2		
Scrabble 1pm-3pm Free	Tai Chi 1pm Contact Taoist Society 255-9744 To register	Restorative Yoga Classes 8-9pm 8 wks-\$64 Contact Cathrine @996-9642	Computer Classes 1pm Free			
Senior Fitness 3pm-gym \$50 10 weeks	Zumba Gold Dance Fitness 4:30-5:30pm \$40-8 classes		Line Dancing 1-2:30pm \$30-8 weeks			
Argentine Tango Lessons 7-9pm Call Zubair (instructor) 1-866-517-2949 to reg.	New Pilates Class 9:30am- 10:30am 8 wks-\$40		Tai Chi 6:30pm Contact Taoist Society 255-9744 To register			
“Photoshop” Photography Course 6:30pm- 7:30pm 6 wks/\$30			Guitar Lessons Free 7 to 9 pm			
Grandparents Grandkids Special Reading time 6:30pm FREE			Pilates 9:30am- 10:30am 8 wks-\$40			

Many other on going scheduled activities & programs (see adult schedule) posted on line at www.pucerecentre.com or www.lakeshore.ca or contact Recreation Services at 519-727-0470 for all details

New Fall Sessions begin the week of Sept. 13th

Coming in October:

“Feng Shui for Health” – With Sally Joyce – Wednesday, October 13th, 6:30pm to 7:30pm, - All ages welcomed.

The 55 & Better Club introduces “Feng Shui for Health” workshop!

Come join us for something unique to health in terms of peace and serenity....

This workshop was designed as a simple introduction to the practice of Feng Shui. Come out & learn how to use the Pa Kua, colour and the 5 elements (fire, earth, metal, water & wood) to harmonize the energies in your home. We will walk through a typical home, room by room, to discover the most important do’s and don’t’s to keep the energy in your home healthy and vibrant. Bring along your curiosities and questions to join in an informative discussion after the workshop.

Senior’s Appreciation Concert: -Featuring Ron Quinlan and his guitar students!

Join us on **Thursday, October 21st, at 7:00pm to 9:00pm at the Puce Sports and Leisure Centre (gymnasium).** There will be performances by members of Ron’s music band and other experienced guitarists. They will sing a selection of songs ranging from the 50’s and 60’s to country and Christian music. Mark your calendars!

Many thanks to Royal Oasis Pharmacy for your ongoing generosity towards our programs and event initiatives!! 😊

Royal Oasis Pharmacy!

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To have your prescriptions transferred from any pharmacy to Royal Oasis please call 519-727-6800 or speak to any of our pharmacy staff.

Quote of the Month –

Remember to pick out the good qualities of others.

(toothpick)