

# WOOLWICH SENIORS ASSOCIATION

24 Snyder Avenue South 519-669-5044 [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)

## **A MESSAGE FROM THE BOARD OF DIRECTORS: REOPENING FOR IN-PERSON VISITS**

We have reached another milestone in this pandemic as we prepare to reopen the Woolwich Seniors Association for some in-person activities. We know that many of you want to get back to regular programming, but that will take some time.

We have to be mindful that the conditions of how our organization operated prior to COVID-19 have changed and we ask for your patience and cooperation in working within guidelines that are set for returning to in-person visits. All decisions have been carefully considered and discussed by our Board and our goal is to provide the safest environment possible for our members, while following the direction from the Province of Ontario, Waterloo Region Public Health and the Township of Woolwich.

The WSA serves a community of older adults 55+ that has been identified as a **vulnerable population** throughout the pandemic. Our priority is the health and well-being of all our members and we acknowledge and recognize the vital role that vaccinations are providing in stopping the spread of COVID-19.

As of today, the Province of Ontario has announced that people will be required to be fully vaccinated and will need to provide proof of their vaccination status to access certain settings. The Woolwich Seniors Association will fall under this mandate as a centre that serves a vulnerable population and as part of the recreation facilities at the Woolwich Memorial Centre.

**Proof of vaccinations will be required starting September 22, 2021.**

As we announced that our reopening for some in-person activities will begin on Tuesday, September 7<sup>th</sup>, 2021, prior to the proof of vaccination date, we will continue our reopening plan, but we strongly recommend that each member be **fully vaccinated** before coming into the centre. We believe that each of us has a responsibility to protect the health and well-being of others, and being fully vaccinated for COVID-19 provides a barrier for spreading the virus.

We will be following the Province of Ontario and Township of Woolwich guidelines when proof of vaccination requirements are in place and will provide more information when it is available.

A slow phase in of in-person activities will begin on Tuesday, September 7<sup>th</sup>, 2021. These will be,

snooker, quilting, book club, knitting and crocheting, and shuffleboard. The library and puzzle swap will be open. Our goal is to provide a balance between some in-person activities and some virtual programming for the fall. While we continue to monitor the changing environment of the pandemic, changes will be made as needed and programs will be added when safe and appropriate to do so.

For the last year, a Seniors Community Grant allowed us to offer free virtual programming to seniors in our community, however, that funding is not available to the WSA this year. We will be moving towards an activity participation fee for Zoom programming in the near future. If you are planning on participating in either in-person or virtual programming, we ask that your membership is paid and in good standing. Starting in September all new and renewal memberships paid will carry over to include 2022.

Please read the Safety Protocols outlined in the newsletter for participation at the centre and do not hesitate to contact us if you have any questions or concerns.

We are looking forward to seeing everyone and we know how meaningful it will be to renew our friendships at the WSA. Please continue to follow all social distancing measures to keep yourself safe through the pandemic.

Sincerely,

**The Board of Directors,  
Woolwich Seniors Association**

*Stuart Weber, President*

*Evelyn Ash*

*Yvonne Wepler, Past President*

*Carla Brechin*

*Jane Graff, Treasurer*

*Tim Melitzer*

*Gail Eby, Secretary*

*Walter Plein*

## **Woolwich Seniors Association**

Located in the Woolwich Memorial Centre  
24 Snyder Avenue South, Elmira, ON N2K1Y9  
519-669-5044 Email: [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)  
[www.woolwichseniors.ca](http://www.woolwichseniors.ca)

# Woolwich Seniors Association

## Safety Protocols for In-Person Visits

### Guidelines for In-Person Participation



Everyone must wear a mask at all times. Masks must cover your nose and mouth.



Take the COVID-19 Screening Test. Sign the Contact Tracing Form.



Hand Sanitize your hands upon entry. There are sanitizers placed throughout the room for frequent hand sanitizing.



Physical Distancing: Keep a safe distance of **6 feet apart**. Chairs are placed at a safe distance. Personal items such as coats and bags must stay with you at your chair.



Avoid touching your face and cover coughs and sneezes.

### Keep Surfaces Clean



Activity Equipment cannot be shared by participants during a program.

Place used equipment in the designated area for cleaning.

Surfaces will be cleaned following each activity by a designated volunteer or staff.

Food is not permitted.

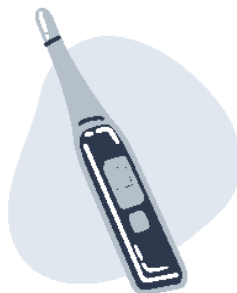
Prepare ahead with the correct change for participation fees.

### Risk Factors

Before joining in-person activities, be informed of the risk factors for older adults 55+ and the spread of COVID-19 and its variants that can cause severe illness.

### Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home



- *If you show or express any COVID-19 symptoms, staff has the right to refuse entry for the safety of others*



### WSA: A Plan for Reopening in Response to the COVID-19 Pandemic.

The WSA Reopening Plan has been prepared in consultation with the Township of Woolwich and following Ontario Public Health Guidelines.

## 2022 WSA MEMBERSHIP

### New Memberships and Renewals

Our membership campaign is starting in September this year in anticipation of our reopening to in-person activities. Membership fees contribute directly to the operating budget and maintaining the association.

All new and renewal Memberships for the Woolwich Seniors Association, paid in September and beyond, will carry over for the full 2022 year. Memberships are \$25 and run on a calendar year.

If you are planning on participating in any in-person Activities, Zoom Programming, or other WSA events, please ensure that your membership is paid and in good standing. This will begin with our reopening on Tuesday, September 7th, 2021. Thank you to those who have already paid their membership fees.

Memberships can be paid by cash or cheque. On-line options are not available at this time. Please make cheques payable to the **Woolwich Seniors Association**.

Memberships can be dropped off at the Woolwich Seniors Association office or at the Woolwich Memorial Centre front desk in an envelope clearly marked **Woolwich Seniors Association** or they can be mailed to:

Woolwich Seniors Association  
24 Snyder Avenue South  
Elmira, ON  
N3B 1Y9

If you have any questions,  
please email:  
contact@woolwichseniors.com  
or phone 519-669-5044.

Membership forms are available by mail, email, or can be picked up at the WSA office or WMC front desk.

## ACTIVE AT HOME

### Zoom Programs for Older Adults 55+

To register email: [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)  
Programs are free to start and participation fees will be implemented in the near future.

#### Bone Fit with Jesse

Mondays 11:00am - 12:00pm

Starting Monday, September 20th, 2021

#### Chair Yoga with Jen

Wednesdays 10:00am - 11:00am

Starting Wednesday, September 22nd, 2021

#### Coffee Socials

Beginning in October. Watch for notices.

#### Trivia

Beginning in October. Watch for notices.

## IN-PERSON ACTIVITIES

### Starting September 7th, 2021

Program times will be adjusted and new programs will be added when appropriate and safe to do so. Preregistration for in-person activities will be implemented if participation numbers begin to reach room capacity.

#### Book Club

First Wednesday of each Month, 10:00am

#### Carpet Bowl

Wednesdays 9:00am - 10:00am

Starting September 22, 2021

#### Crocheting/Knitting

Thursdays 9:30am - 11:00am

#### Outdoor Pickleball

Monday - Saturday 9:30am

Sundays 1:00pm

#### Quilters

Tuesdays and Fridays 1:00pm

#### Shuffleboard

Tuesdays 9:30am & 10:30am

#### Snooker, Ladies:

Tuesdays 1:00pm-3:00pm

#### Snooker:

Mondays, Wednesdays, Fridays

9:00am - 11:00am

## TOW PARTNERED PROGRAMS:

A Preregistration fee is required through the TOW. Some drop in spots will be held for WSA members at the \$4 rate per class. (Proof of WSA Membership required for seniors discount rate.)

#### Chair Yoga \*New In-Person Class

Fridays 12:00pm-12:45pm \$4

Starting Friday, September 24th, 2021

#### Tai Chi

Thursdays, 10:00am-11:00am \$4

Starting Thursday, October 7th, 2021

#### The Great Brain Workout

Tuesdays 1:00pm - 2:00pm \$4

Starting Tuesday, September 28th, 2021

**Library  
and Puzzle  
Swap is  
open!**

## WSA QUILTERS

Tuesdays and Fridays 1:00pm



Our Quilters are ready to get back to quilting at the centre. If you have a quilt that you would like quilted, please contact Mary Jordan at 519-500-2820 to make arrangements.

## ANNUAL GENERAL MEETING

Thursday, November 4th, 2021 10am

Mark your calendars for the WSA Annual General Meeting. This will be a chance for members to hear how the WSA has managed through the pandemic since March 2020. There has been a great deal of effort to date, by the current Board of Directors in keeping the association operating and pivoting all activities to continue connecting with our community.

Currently, there are two positions available on the Board that will be voted on at the AGM. If you are interested in volunteering for the association and making a difference for older adults in your community, please contact the office at 519-669-5044 or contact the WSA President, Stuart Weber at 519-669-3985. Meetings are held once a month, or more if required. A priority for the new Board will be to continue advancing the association through the unpredictability of the pandemic.

You must be a member in good standing in order to attend the meeting and to have a vote. More information will be posted prior to the meeting.

## PEN PAL PROGRAM

Would you like to connect with a new friend with the art of letter writing? The WSA is partnering with the Mackay Centre in Goderich, Ontario.

Practice the art of traditional letter writing while getting to know someone new. Pen Pals are typically a long-distance friendship that is developed through sharing about yourself through letters.

Are you interested in learning about someone else, where they live, and about their life? If this is of interest to you, then sign up for our Pen Pal program today!

Contact the Woolwich Seniors Association at 519-669-5044 or email: [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)

Older adults 55+ from the Woolwich Seniors Association will be partnered with an older adult from the Mackay Centre.

## VIRTUAL BRIDGE

Mondays, Wednesdays, Fridays  
1:30pm

Registration is required.



Woolwich Seniors Association Bridge Players are playing virtual Bridge! To get back in the game and join in the fun from your own home, contact:

**Jamie Meek at 519-699-5777**

Thank you Jamie for organizing this!

## PRACTICING POSITIVE THINKING AND GRATITUDE

No cost, Zoom Workshop with  
Woolwich Counselling Centre

Wednesday, September 29th, 2021  
1:00pm—3:00pm

The skill of positive thinking and learning to practice gratitude can have a significant impact on your physical, emotional, and mental health. With practice, you can add more positive thoughts to your life and enjoy the physical and emotional health improvements that come with optimism.

To register phone 519-669-8651 or email:  
[info@woolwichcounselling.org](mailto:info@woolwichcounselling.org)

## TECHNOLOGY HELP

If you are looking for help to get started on Zoom or need some assistance with your personal device, there are resources available:

### You Can Zoom Too!

Set up a one-on-one test run on Zoom to get you started. Contact the WSA at:  
[contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)

### enTECH@home

Students from the University of Waterloo are offering free technology help for common issues such as problems with video calling, setting up an email account, how to use you tube, joining online zoom classes and other technology issues.

Phone **226-336-9684** for help or go online to [www.entech.club](http://www.entech.club)

### The City of Kitchener

Tech help to seniors. To check out their courses visit their website at:

<https://form.kitchener.ca/CSD/NPS/Kitchener-Tech-Connects>



## YVONNE'S CORNER

Cards are sent to members on behalf of the WSA, by Yvonne Weppler.



**In Memoriam:**     **Sympathy:**

Jean McLean	Janet & Richard
Clarence Heintz	Beisel
Amy Schelter	Rodney & Lena Uttley
Lila Frey	Lois & Stu Weber
Jean Trapp	Keith & Kelly Schelter

## THANK YOU EMSF

Each year the Elmira Maple Syrup Festival Committee provides grants to local organizations to support and advance their community work. This year the WSA was a recipient of the grant! This is greatly appreciated, especially during the pandemic. Thank you to all the businesses and community members that support the Elmira Maple Syrup Festival. It's great to know our community is behind us!

## FREE PHONE PROGRAM

**Community Care Concepts, Seniors Centre Without Walls**

**SCWW, Rural Connections** is a free, multi-person, telephone-based program for seniors offering social and recreational activities by phone, to keep older adults active and engaged in their community from the comfort of their own home. Participants can enjoy educational presentations, wellness seminars, recreational activities and discussion groups.

Wednesdays 10:30am-11:00am  
Fridays 10:30-11:30am

Contact CCC for more information or to register: 519-664-1900

## FRAUD ALERTS!

<https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>

Keep up to date on fraud alerts by visiting The Canadian Anti-Fraud Centre website.

## SENIORS ACCESSIBLE ENTRANCE

**Township of Woolwich Council Supports for the WSA**

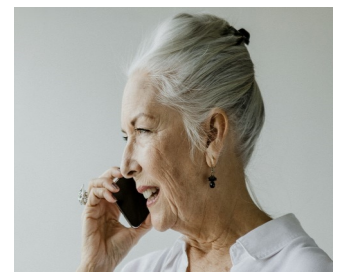
In June 2021, the WSA presented before Council asking for financial Pandemic Relief from the Township of Woolwich. The association has been financially impacted by losses in membership and participation fees. A motion by Councillor Patrick Merlihan was passed and successful in providing the WSA with support from the COVID Relief Fund due to losses incurred from the pandemic. Further, the Township waived up to \$5,000 of the remaining debt owed on the seniors accessible entrance and driveway, relieving the association of making the final payment.

Thank you to the Township of Woolwich Council for supporting the Woolwich Seniors Association and the work that we do to keep connected with our older adult community!

## WSA CHECK-IN CALLS

**Seniors Calling Seniors**

An active group of volunteers of the Woolwich Seniors Association has been reaching out to WSA members with phone calls. Priority calls are made to those without a computer and those that are not actively engaged with the association via email or over Zoom. If you or someone you know would like a friendly, check-in phone call, please contact the office:



519-669-5044 or email: [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)

It is important for us to stay connected with each other.

## CULINARY HISTORIANS OF CANADA

**Just A Bite: Summer Food Memories From Ontario Seniors**

The Culinary Historians of Canada researches, interprets, preserves and celebrates Canada's culinary heritage. They are inviting all seniors to participate in a project called "Just a Bite: Summer Food Memories from Ontario Seniors."

Just a Bite is a collection of food memories from summers long past, a project to preserve and share youthful memories from the season between the summer and fall equinoxes. The collection will ultimately serve as a repository of historical memories for future researchers.

**You can be part of this historic food heritage project!** Share your youthful memories of foods and meals eaten in summers long past.

- Feasts, banquets, picnics, buffets, snacks, suppers eaten
- Farms, historic sites, family members, towns, food shops visited
- Recipes and cooking skills shared between generations
- Gardens harvested
- Festivals, Pow Wows celebrated
- Fairs, family reunions, beach parties, wiener roasts, sports events, weddings
- Community cookbooks written

Fillable booklets are available on-line or in print.

<https://www.culinaryhistorians.ca/wordpress/just-a-bite-summer-food-memories-from-ontario-seniors>

# SEPTEMBER 2021 WOOLWICH SENIORS ASSOCIATION

519-669-5044

email: [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)

[www.woolwichseniors.ca](http://www.woolwichseniors.ca)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> 9:30 Outdoor Pickleball
<b>5</b> 1:00 Outdoor Pickleball	<b>6</b>	<b>7</b> 9:30 Outdoor Pickleball 9:30 Shuffleboard 1:00 Quilting 1:00 Ladies Snooker	<b>8</b> 9-11 Snooker 9:30 Outdoor Pickleball 10:00 Book Club	<b>9</b> 9:30 Outdoor Pickleball 10:00 Crocheting/Knit	<b>10</b> 9-11 Snooker 9:30 Outdoor Pickleball 1:00 Quilting	<b>11</b> 9:30 Outdoor Pickleball
<b>12</b> 1:00 Outdoor Pickleball	<b>13</b> 9-11 Snooker 9:30 Outdoor Pickleball	<b>14</b> 9:30 Outdoor Pickleball 9:30 Shuffleboard 1:00 Quilting 1:00 Ladies Snooker	<b>15</b> 9-11 Snooker 9:30 Outdoor Pickleball	<b>16</b> 9:30 Outdoor Pickleball 10:00 Crocheting/Knit	<b>17</b> 9-11 Snooker 9:30 Outdoor Pickleball 1:00 Quilting	<b>18</b> 9:30 Outdoor Pickleball
<b>19</b> 1:00 Outdoor Pickleball	<b>20</b> 9-11 Snooker 9:30 Outdoor Pickleball 11:00 Zoom Bone Fitness	<b>21</b> 9:30 Outdoor Pickleball 9:30 Shuffleboard 1:00 Quilting 1:00 Ladies Snooker	<b>22</b> 9-11 Snooker 9:00 Carpet Bowl 9:30 Outdoor Pickleball 10:00 Zoom Chair Yoga	<b>23</b> 9:30 Outdoor Pickleball 10:00 Crocheting/Knit	<b>24</b> 9-11 Snooker 9:30 Outdoor Pickleball 12:00 Chair Yoga 1:00 Quilting	<b>25</b> 9:30 Outdoor Pickleball
<b>26</b> 1:00 Outdoor Pickleball	<b>27</b> 9-11 Snooker 9:30 Outdoor Pickleball 11:00 Zoom Bone Fitness	<b>28</b> 9:30 Outdoor Pickleball 9:30 Shuffleboard 1:00 Quilting 1:00 Ladies Snooker 1:00 Great Brain	<b>29</b> 9-11 Snooker 9:00 Carpet Bowl 9:30 Outdoor Pickleball 10:00 Zoom Chair Yoga 1:00 Zoom Wellness	<b>30</b> 9:30 Outdoor Pickleball 10:00 Crocheting/Knit	<b>1</b> 9-11 Snooker 9:30 Outdoor Pickleball 12:00 Chair Yoga 1:00 Quilting	