

WOOLWICH SENIORS ASSOCIATION

24 Snyder Avenue South 519-669-5044 contact@woolwichseniors.ca

ANNUAL GENERAL MEETING

Thursday, November 4th, 2021

10:00am Woolwich Seniors Room

Join the Board of Directors at the Woolwich Seniors Association, Annual General Meeting to hear how the association has managed through the COVID-19 pandemic.

Nominations will be made for Board vacancies. If you are interested in becoming a Board Member or would like to nominate someone for the Board of Directors, please call the office at 519-669-5044 or contact the WSA President, Stuart Weber at 519-669-3985. You must be a member in good standing in order to attend the meeting and to have a vote.

Registration is required for this meeting as we continue to adapt to changing environments with the pandemic and need to manage our room capacity numbers. If room capacity is reached we will inform those registered if there is a need to change the meeting to Zoom. We continue to follow directives from the Township of Woolwich at the WMC for COVID Protocols.

To register, please contact the office at 519-669-5044 or email: contact@woolwichseniors.ca.

Please note that proof of full vaccination with one piece of identification, is required to enter the WSA. Please enter through the WMC Main Entrance.

REQUIREMENTS FOR THE BOARD OF DIRECTORS:

- Three year commitment
- Attend monthly meetings
- Interest in supporting a positive environment for older adults
- Time to lead and participate in WSA events and activities
- General understanding of a non-profit organization and interest in planning for the betterment of the WSA
- Actively contribute to advancing the association through the unpredictability of the pandemic
- Positive Ambassador



In Honour of Remembrance Day and to remember Canada's fallen Veterans, a wreath will be pre-laid for the Woolwich Seniors Association on Thursday, November 11th, 2021 for 11am at the Cenotaph.

When Should a Poppy be Worn?

According to the Royal Canadian Legion, a Poppy should be worn on the left side, over the heart, from the last Friday in October until November 11th. Poppies can also be worn at a commemorative event such as a memorial service, or the anniversary of the Battle of Vimy Ridge. (<https://legion.ca/remembrance/the-poppy/how-to-wear-a-poppy>)

MEMBERSHIP RENEWALS

Memberships are \$25 and 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**. Fees 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 in.

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. Thank you to those who have already paid their membership fees.

New members need to fill out a Membership Form. They are available by mail, email, or can be picked up at the WMC front desk.

Woolwich Seniors Association

Located in the Woolwich Memorial Centre
24 Snyder Avenue South, Elmira, ON N2K1Y9
519-669-5044 Email: contact@woolwichseniors.ca
www.woolwichseniors.ca

ACTIVE AT HOME

Zoom Programs for Older Adults 55+

To register email: contact@woolwichseniors.ca

Bone Fit with Jesse

Mondays 11:00am - 12:00pm

Chair Yoga with Jen

Wednesdays 10:00am - 11:00am

The ABC's of Downsizing Your Home

Stephen Hartman, Sales Representative, Coldwell Banker Peter Benninger Realty

Tuesday, October 26th, 2021 10:30am on Zoom

Real estate is a very hot topic of conversation these days. When the discussion of downsizing comes up, one of the most often asked questions is, Where do I start? Although there is no one size fits all, with a little guidance from a realtor, the process can be made much smoother, faster and almost stress free! Come join us for this interactive conversation that will offer tips and information on how to get the process started and how a licenced realtor can help.

Alzheimer Society of Waterloo Wellington

Janine Wilson, Public Education Coordinator

Tuesday, November 9th, 2021 10:30am

Join Janine Wilson, Public Education Coordinator from the Alzheimer Society of Waterloo Wellington to hear about normal ageing changes versus dementia. Learn about Living Well tips and strategies that everyone can implement into their everyday routine to improve and maintain good brain health.

Building Resilience, Adult Workshop

No cost, Virtual Workshop with

Woolwich Counselling Centre & Woolwich Seniors Association

Wednesday, November 10th, 2021 10:30am

Building resilience brings peace, hope, and happiness into your life and can equip you to better support yourself and others.

To register phone 519-669-8651 or email:

info@woolwichcounselling.org

Remember You Can Zoom Too! Call the office today for a free, one-on-one test run. 519-669-5044

YVONNE'S CORNER

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

Sympathy:

Leona Jones

Dorothy Leibold

Kathie & Walter Plein

Gwen Stanners



Get Well:

Marcie Furlong

In Memoriam:

Dorothy Leibold

Don Utter

IN-PERSON ACTIVITIES

Carpet Bowl

Wednesdays 1:00pm - 2:00pm

Chair Yoga* *New In-Person Program*

Fridays 12:00pm - 12:45pm

Crocheting/Knitting

Thursdays 9:30am - 10:30am

Indoor Pickleball, WMC

Mondays 1:00pm-3:00pm

Mondays 8:00pm-9:30pm

Thursdays 1:00pm-3:00pm

Fridays 10:00am-11:30am

Outdoor Pickleball, Elmira Tennis Courts

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

Monday-Friday 9:00am - 12:00pm

Sunday 9:00am

Tai Chi, WMC

Thursdays 10:00am-11:00am

The Great Brain Workout, WMC

Tuesdays 1:00pm-2:00pm

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.

VOLUNTEERS ARE NEEDED

Are you a regular card player and enjoy organizing activities? The WSA is in need of a number of volunteers to run the card programs when they start back to in-person: Bridge, Bid Euchre, and Solo.

Many hands make light work! If you think you can contribute to this fun activity, please contact the office at 519-669-5044.