

WOOLWICH SENIORS ASSOCIATION

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

GRAND RIVER LUNCHEON CRUISE THURSDAY SEPTEMBER 15TH, 2022

IT'S A GO!

Our Grand River Luncheon Cruise is a GO but there is still room for more.....

There are still spots available for anyone wishing to join in , registration has been extended until Tuesday September 6th, 2022.

Unplug, Unwind and Enjoy a Cruise along a 20 km section of the lower Grand River between Caledonia and Brantford. Boats depart from and return to the same location which is 7 km west of Caledonia. The cruise is more of a nature cruise with your captain giving an intermittent narration during the cruise about the river and area.

Enjoy the sounds of The Blazing Fiddles prior to boarding the boat.

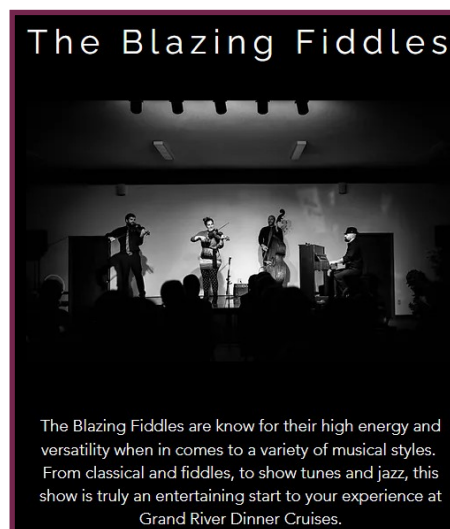
****ALL TRAVELERS MUST BE FULLY VACCINATED, AND WILL BE REQUIRED TO SHOW PAPER COPY AS PROOF UPON BOARDING****

COST: \$220

INCLUDES: Motor Coach Transportation departing from and returning to **Woolwich Memorial Centre**, Roast Beef Lunch, Entertainment, and All taxes.

All activities for the day are fully accessible!

Please contact *Fields Trips* to book your spot 519-894-8687



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

WEEKLY DROP IN ACTIVITIES

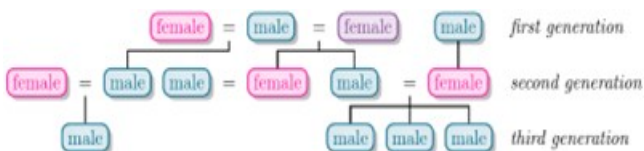
- Bid Euchre
- Book Club
- Bus Trips
- Cribbage Club
- Darts
- Library Swap
- Mahjongg
- Puzzle Swap
- Shuffleboard
- Snooker
- Tai Chi
- Board Games
- Bridge
- Chair Yoga
- Crokinole
- Knitting & Crocheting
- Line Dancing
- Pickleball
- Quilting
- Snooker (Ladies')
- Solo
- Zumba Gold



*Library and
Puzzle Swap
is open!*

COMING SOON

GENEALOGY RESEARCH



YVONNE'S CORNER

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



In Memoriam:

Joyce Morden

Thinking of You:

Gerrie Porter

Sympathy:

Ed Metzger
Abner Metzger
Anne & Trevor Tims

Get Well:

Barry Lessard

NEW FOR SEPTEMBER

DARTS

Fridays 1:00 pm

LINE DANCING

Mondays & Fridays 10:00 am

ZUMBA GOLD

Wednesdays 11:00 am

BINGO !

In support of the Woolwich Seniors Association, the Lion BINGO Fundraiser will be held on **Thursday November 24th, 2022.**

Inviting all Woolwich Senior Association members to come out for a fun evening of **BINGO** at the Elmira Lions Hall. This is an annual fundraiser for the seniors. The donation from the Lions is based on the number of seniors that come out and play. Join us, bring a friend!

Wanted!



CRIBBAGE PLAYERS
TO JOIN CRIBBAGE CLUB
SEPTEMBER TO APRIL
MONDAYS 7:00 - 9:30 PM

Contact: Al or Jane Graff

519-669-5227



SUDOKU

Find the numbers so each row, column and square contain the series 1 to 9.

9		2		6				3
	8		1					2
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6				1		5		7
	3	4						9
7			5		3			
		6		7	1			
8						3		9
	4	1	9					7

Woolwich Counselling Centre - Free Virtual Workshops:

September 2022:

WHAT IS MINDFULNESS: This workshop will provide participants with a thorough understanding of mindfulness and the well-being it can bring to our lives. **Thursday September 22, 2022, 7-8 pm**

THE IMPORTANCE OF SELF-CARE: Learn how to support your physical and mental health through day-to-day behavioural change. **Monday September 26, 2022, 7-8 pm**

October 2022:

BUILDING RESILIENCE: Building resilience brings peace, hope, and happiness into your life and can equip you to better support yourself and others. **Monday October 3, 2022, 7-8 pm**

To Register - call 519-669-8651 or email info@woolwichcounselling.org

"Don't be afraid to go out on a limb. It's where all the fruit is."

~ Shirley MacLaine

WANDA IS ONCE AGAIN ACCEPTING BOOK DONATIONS FOR THE WSA LIBRARY



FITNESS FOR YOUR AGING BRAIN

A free 10-Week **online** class available to all Ontarians 50+
Starts: September 27, 2022
 To register email: fitnessforyouragingbrain@gmail.com



ANSWERS

2	7	9	5	8	6	1	4	3
6	1	3	2	4	9	5	7	8
8	5	4	1	7	3	6	6	2
4	9	2	3	9	5	8	1	7
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7	3	5	8	1	4	9	2	6
5	8	6	4	3	2	7	9	1
6	2	7	9	5	1	3	8	4
3	4	1	7	6	8	2	5	9

SEPTEMBER 2022 **WOOLWICH SENIORS ASSOCIATION**
 519-669-5044 email: contact@woolwichseniors.ca www.woolwichseniors.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 Snooker 9:30 Crocheting/knitting 1:00 Solo 7:00 pm Snooker NO PICKLEBALL (WMC)	2 9:00 Snooker 9:00 Bridge 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games 1:00 Darts - **NEW** NO PICKLEBALL (WMC)	3
4 9:00 am Snooker	5 LABOUR DAY	6 9:00 Snooker 9:30 Shufflebrd (WMC) 10:30 Shufflebrd (WMC) 1:00 Mahjongg 1:00 Quilting 1:00 Ladies Snooker 1:00 Pickleball (WMC)	7 9:00 Snooker 9:00 ZOOM Chair Yoga 11:00 Zumba Gold - * NEW* 1:00 Bid Euchre 1:00 Pickleball (WMC)	8 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi (WMC) 1:00 Pickleball (WMC) 1:00 Solo 7:00 pm Snooker 8:00 pm Pickleball (WMC)	9 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games 1:00 Darts - **NEW** 1:00 Pickleball (WMC)	10 7:00 pm Bid Euchre
11 9:00 am Snooker	12 9:00 Snooker 10:00 Crockinole 10:00 Line Dancing (WMC) 11:00 ZOOM Bone Fit 1:00 Bridge 1:00 Pickleball (WMC) 7:00 pm Cribbage Club 8:00 pm Pickleball (WMC)	13 9:00 Snooker 9:30 Shufflebrd (WMC) 10:30 Shufflebrd (WMC) 1:00 Mahjongg 1:00 Quilting 1:00 Ladies Snooker 1:00 Pickleball (WMC)	14 9:00 Snooker 9:00 ZOOM Chair Yoga 10:00 Book Club 11:00 Zumba Gold - * NEW* 1:00 Bid Euchre 1:00 Pickleball (WMC)	15 9:00 Snooker **BUS TRIP** 9:30 Crocheting/knitting 10:00 Tai Chi (WMC) 1:00 Pickleball (WMC) 1:00 Solo 7:00 pm Snooker 8:00 pm Pickleball (WMC)	16 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games 1:00 Darts - **NEW** 1:00 Pickleball (WMC)	17
18 9:00 am Snooker	19 9:00 Snooker 10:00 Crockinole 10:00 Line Dancing (WMC) 11:00 ZOOM Bone Fit 1:00 Bridge 1:00 Pickleball (WMC) 7:00 pm Cribbage Club 8:00 pm Pickleball (WMC)	20 9:00 Snooker 9:30 Shufflebrd (WMC) 10:30 Shufflebrd (WMC) 1:00 Mahjongg 1:00 Quilting 1:00 Ladies Snooker 1:00 Pickleball (WMC)	21 9:00 Snooker 9:00 ZOOM Chair Yoga 11:00 Zumba Gold - * NEW* 1:00 Bid Euchre 1:00 Pickleball (WMC)	22 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi (WMC) 1:00 Pickleball (WMC) 1:00 Solo 7:00 pm Snooker 8:00 pm Pickleball (WMC)	23 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games 1:00 Darts - **NEW** 1:00 Pickleball (WMC)	24 7:00 pm Bid Euchre
25 9:00 am Snooker	26 9:00 Snooker 10:00 Crockinole 10:00 Line Dancing (WMC) 11:00 ZOOM Bone Fit 1:00 Bridge 1:00 Pickleball (WMC) 7:00 pm Cribbage club 8:00 pm Pickleball (WMC)	27 9:00 Snooker 9:30 Shufflebrd (WMC) 10:30 Shufflebrd (WMC) 1:00 Mahjongg 1:00 Quilting 1:00 Ladies Snooker 1:00 Pickleball (WMC)	28 9:00 Snooker 9:00 ZOOM Chair Yoga 11:00 Zumba Gold - * NEW* 1:00 Bid Euchre 1:00 Pickleball (WMC)	29 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi (WMC) 1:00 Pickleball (WMC) 1:00 Solo 7:00 pm Snooker 8:00 pm Pickleball (WMC)	30 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games 1:00 Darts - **NEW** 1:00 Pickleball (WMC)	

NEW: **DARTS – FRIDAYS 1:00 PM** **ZUMBA GOLD – WEDNESDAYS 11:00** **LINE DANCING- MONDAYS & FRIDAYS 10:00**