

WOOLWICH SENIORS ASSOCIATION

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

ACTIVITY NOTICES

Centre is **CLOSED** Sunday January 1st, 2023.

Activities starting back up January 2nd, 2023. Check the calendar.

*****Please note, all WSA Activities have participation fees *****

Coming this year:

SMART Exercise - A gentle progressive program to help improve core strength, balance and heart health. More information to follow.

Creative Art: A program to enhance the health and mental wellbeing of participants through a variety of classes. More information to follow.

Kind Reminders:

- If you are not feeling well, please refrain from attending activities.
- Please remove damp footwear .

AGING WELL IN WOOLWICH

**INFORMATION & ACTIVE

LIVING FAIR**

WEDNESDAY FEBRUARY 1, 2023

9:00 AM—1:30 PM

Calvary United Church
48 Hawkesville Rd, St. Jacobs

You must register by January 18, 2023

Contact the WSA Office

APRIL BUS TRIP

FAMOUS PEOPLE PLAYERS – ROCK THIS CITY



Tuesday April 4th, 2023

**Tickets: \$160 Members
\$220 Non-Members**

*Tickets are
selling fast!*

Tickets can be purchased at the Woolwich Seniors Association Office.

Enjoy lunch and a fun show with Famous PEOPLE Players – You will 'Rock Around the Clock' and NO, the music did not die. It is alive and well and playing at the Famous PEOPLE Players. Does 'Johnny Angel' meet 'Run Around Sue' for a date or are the 'Beach Boys' taking her 'Surfing?'. From the time you walk through the doors, you will feel the love.



TICKETS FOR SALE UNTIL FRIDAY FEBRUARY 3RD



FREE

Routine Dental Care for Eligible Seniors - Dental care services are provided through Public Health Units.

To apply online or inquire if you are eligible, visit ontario.ca/SeniorsDental

Print, fill out, and mail your application.

For assistance with your application or if you need more information, please contact **Margret Gohl** at the Woolwich Community Health Centre in St. Jacobs at margret.wch@gmail.com

As an Oral Health Peer Worker, Margret can make the application process a little smoother. She is happy to assist and answer any questions.



Christmas Turkey Dinner

Our Christmas Turkey Dinner was a great night with many of our members winning gift cards and 2 of our seniors sharing full winnings on the 50/50 draw. Mrs. Claus made a surprise visit.



To end the night, our guests were serenaded to "We Wish You a Merry Christmas" by Board Members and Volunteers. Thank you to all our volunteers who made this night a great success.

TIDBITS FROM THE PRESIDENT

Mark Friday afternoon, February 10th on your calendar for a special treat. We are very excited to tell you about our "drop in" Valentine's Tea. There will be food, entertainment, and a whole lot of fun. Cost will be \$10.00 per person and tickets must be purchased in advance.

Our Famous Players trip on Tuesday, April 4th is bound to be fantastic. This is a black light, glow in the dark performance.....and everything about the experience is all the more special because it is all done by people with disabilities. With only 30 tickets available, you better get yours fast.

Aging Well In Woolwich

Information & Active Living Fair



Special Guest Speaker



The Honourable
Sylvia Jones MPP,
Ontario Minister of Health/
Deputy Premier of
Ontario

Wednesday February 1, 2023

9 am - 1:30 pm

Calvary United Church
(48 Hawkesville Rd, St. Jacobs)

**You must register for this
event by Jan 18, 2023**

Please contact 519-664-1900
1-855-664-1900 to RVSP

Agenda

9– 9:15am	Opening Remarks
9:15– 9:30am	Speaker: The Honorable Sylvia Jones
9:30-10:15am	SMART Exercises
10:15-11am	Stretch Break/ Coffee/ Vendors
11am-12pm	Speaker: Community Health Panel
12– 12:30pm	Vendors/ Door Prizes
12:30-1:15pm	Complementary Lunch
1:15-1:25pm	Door Prize Draws
1:25-1:30pm	Closing Remarks

This event is hosted by The Township of Woolwich in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.




JANUARY 2023 WOOLWICH SENIORS ASSOCIATION

519-669-5044

email: contact@woolwichseniors.ca

www.woolwichseniors.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  CLOSED	2 9:00 Snooker 10:00 Crockinole 10:00 Line Dancing (WMC) 1:00 Pickleball (WMC) 7:00 Cribbage 8:00 pm Pickleball (WMC)	3 9:00 Snooker 9:30 Shuffleboard (WMC) 10:30 Shuffleboard (WMC) 1:00 Mahjongg 1:00 Quilting 1:00 Euchre 1:00 Ladies Snooker 1:00 Pickleball (WMC)	4 9:00 Snooker 11:00 Zumba Gold (WMC) 1:00 Bid Euchre 1:00 Pickle Ball (WMC)	5 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)	6 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games/Darts 1:00 Pickleball (WMC)	7
8 9:00 Snooker	9 9:00 Snooker 10:00 Crockinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 7:00 Cribbage 8:00 pm Pickleball (WMC)	10 9:00 Snooker 9:30 Shuffleboard (WMC) 10:30 Shuffleboard (WMC) 1:00 Mahjongg 1:00 Quilting 1:00 Euchre 1:00 Ladies Snooker 1:00 Pickleball (WMC)	11 9:00 Snooker 11:00 Zumba Gold (WMC) 1:00 Bid Euchre 1:00 Pickle Ball (WMC)	12 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)	13 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games/Darts 1:00 Pickleball (WMC)	14 7:00 – 10 pm Bid Euchre
15 9:00 am Snooker	16 9:00 Snooker 10:00 Crockinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 7:00 Cribbage 8:00 pm Pickleball (WMC)	17 9:00 Snooker 9:30 Shuffleboard (WMC) 10:30 Shuffleboard (WMC) 1:00 Mahjongg 1:00 Quilting 1:00 Euchre 1:00 Ladies Snooker 1:00 Pickleball (WMC)	18 9:00 Snooker 11:00 Zumba Gold (WMC) 1:00 Bid Euchre 1:00 Pickle Ball (WMC)	19 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)	20 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games/Darts 1:00 Pickleball (WMC)	21
22 9:00 am Snooker	23 9:00 Snooker 10:00 Crockinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 7:00 Cribbage 8:00 pm Pickleball (WMC)	24 9:00 Snooker 9:30 Shuffleboard (WMC) 10:30 Shuffleboard (WMC) 1:00 Mahjongg 1:00 Quilting 1:00 Euchre 1:00 Ladies Snooker 1:00 Pickleball (WMC)	25 9:00 Snooker 11:00 Zumba Gold (WMC) 1:00 Bid Euchre 1:00 Pickle Ball (WMC)	26 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)	27 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games/Darts 1:00 Pickleball (WMC)	28 7:00 – 10 pm Bid Euchre
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*****NO BRIDGE MONDAY JANUARY 2ND, 2023*****