

WOOLWICH SENIORS ASSOCIATION

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

ACTIVITY NOTICES

JUNE CANCELLATIONS:

CHAIR YOGA:

FRIDAY JUNE 16

PICKLEBALL:

FRIDAY JUNE 9 @ 7 PM

FRIDAY JUNE 16: @ 1 PM & 7 PM

**CRAFT CIRCLE
FRIDAYS
JULY AND AUGUST**

**YOGA FOR SENIORS
TUESDAYS
COMING IN SEPTEMBER**

WSA OFFICE HOURS

Monday to Friday
8:30 am - 1:30 pm.

**Attitude is the true
measurement of age.**



KICK OFF TO SUMMER BBQ

JUNE 28th, 2023

TIME: 12:00 PM

COST: \$12

STOP BY THE OFFICE TO PURCHASE YOUR TICKET



**BURGER
OR
SAUSAGE
&
POTATO SALAD
DRINK
ICE CREAM**

TIDBITS FROM THE PRESIDENT

I am a bit late for "volunteer week" but on behalf of the entire board, I want to take this opportunity to thank each and every volunteer at the WSA. We can't function without you.

Just some of the many things you do for us include organizing cards and games, our puzzle and book library, keeping our seniors' room neat and tidy, our storage room and outside shed organized, decorating our room for special events, delivering cards and newsletter, stocking our supplies, setting up, taking down and moving tables and chairs when needed, dish washing and kitchen duty, putting feet on our new chairs (several times—but I think we are finally there) and just stepping up to help any time we need it. Many hands make light work for all of us.

Gail Eby. President

Movie Afternoon!

Join us to watch:
La-La-Land

June 13
1:00PM-3:00PM
at
Elmira Branch
Library





Coming Soon

CRAFT CIRCLE

WORK ON YOUR OWN PROJECT
SHARE YOUR KNOWLEDGE...
INSPIRE OTHERS.....

**JULY & AUGUST
FRIDAYS
1:00 PM**

NEW THIS FALL



**YOGA FOR SENIORS
TUESDAYS 12:00 NOON**



DID YOU KNOW.....

MEMBERS ARE ASKED TO SIGN IN ELECTRONICALLY, WHEN PARTICIPATING IN ACTIVITIES, TO TRACK ATTENDANCE. THE "MY SENIOR CENTRE" TRACKING SYSTEM PROVIDES REPORTS NEEDED TO SUPPORT THE APPLICATION PROCESS OF GRANTS.

IF YOU HAVE NOT RECEIVED YOUR KEY TAG, PLEASE STOP BY THE OFFICE TO GET YOURS.



BOARD OF DIRECTORS


Darosa, Joyce - **Secretary**
Eby, Gail - **President**
Graff, Jane - **Treasurer**
Jesso, Donna
McGovern, Drew
Melitzer, Tim
Shiple, Mike
Weber, Stu- **Past President**
Ziegler, Kathy

YVONNE'S CORNER

Cards sent on behalf of the
Woolwich Seniors Association:

Sympathy
Marie Snelling
Theresa Cassel

Get Well Soon
Donna Jesso
Wayne Roth


29th Jeanne Renault Golf Classic

Thursday, August 17, 2023

Ariss Valley Golf & Country Club
Shot Gun Start 1:00pm

*All funds raised go directly to
Woolwich Community Services
Family Violence Prevention Program.*

Woolwich Community Services
www.woolwichcommunityservices.org
519-669-5139
email: wcsgolffclassic@gmail.com



WOOLWICH COUNSELLING CENTRE PRESENTS



THE IMPORTANCE OF SELF-CARE FOR SENIORS

ADULT WORKSHOP

No cost, virtual workshop

Identifying key elements of care that can impact mood and overall well-being is important as we age.

Join us to learn why self-care is necessary and steps you can take to support your physical and emotional well-being.

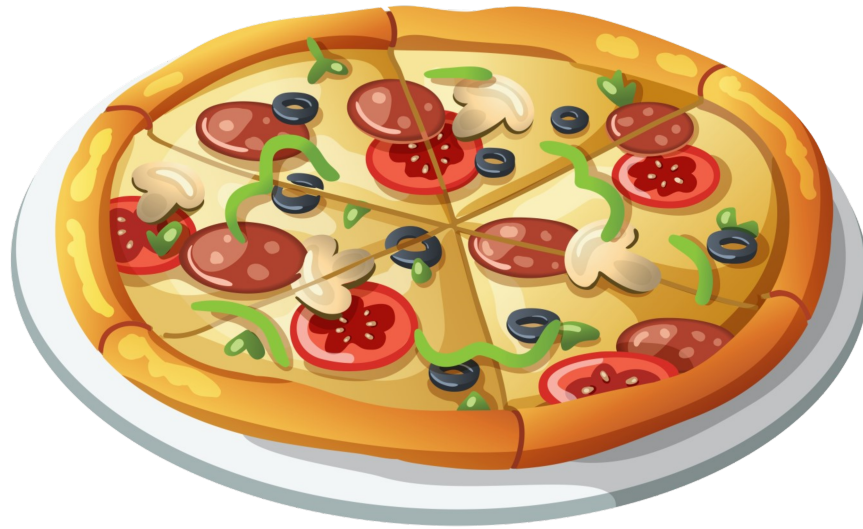
WEDNESDAY, JUN. 14 2023
1-2 PM

LEARN MORE AND REGISTER:

-  **519-669-8651**
-  **INFO@WOOLWICHCOUNSELLING.ORG**
-  **65 MEMORIAL AVE, ELMIRA**

  **FOLLOW US**





PIZZA PARTY
WEDNESDAY
SEPTEMBER 20, 2023
12:00 NOON



OACAO 2023 SUMMER WEBINAR

FREE

CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT

OVERVIEW OF SERVICE CANADA PROGRAMS AND SERVICES FOR OLDER ADULTS

PRESENTER: Representative of Service Canada

This webinar will present a comprehensive overview of the programs and services offered by the Government of Canada for senior citizens. During the session, you can expect to gain valuable insights into the following areas:



JULY 25TH



10:00 AM EDT

- Old Age Security Program which includes Old Age Security, Guaranteed Income Supplement, Allowance and Allowance for Survivor pensions
- My Service Canada Account
- Housing-related programs
- Caregivers programs and benefits under Employment Insurance
- Fraud and Scam
- Service Canada's Benefit finder Tool

Free for Seniors Active Living Centres and OACAO Members staff, older adult members and volunteers

<https://oacao.wildapricot.org/event-5289669>

Participation can be done Virtually (with Closed Captioning) or by Telephone

For more information, contact OACAO 905-584-8125 or Toll Free 1-866-835-7693 or email Lina Zita at coordinator@oacao.org

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



Warning Signs of Elder Abuse



Elder Abuse
Prevention
Ontario



Financial Abuse

- Misuse of a Power of Attorney for Property
- Unexplained transactions, or unauthorized withdrawal of funds
- Taking property without permission
- Suspicious or forged signatures on cheques or other documents
- Standard of living not in keeping with a person's income or assets
- Lack of access to banking information
- Moving into the home of an older person without their consent and failing to contribute to household costs



Neglect

- Dehydration, malnourishment or weight loss
- Poorly maintained living environment
- Lack of hygiene
- Abandonment or confinement of senior
- Withholding care
- Denying access to necessary health services or medical attention/treatment



Physical Abuse

- Signs of bruising in unusual areas such as chest, abdomen, face, or extremities
- Inadequate or inappropriate use of medication
- Unexplained injuries such as broken bones, bruises, cuts
- Injuries for which explanation does not fit evidence
- restraint or confinement
- Unusual patterns of injuries



Psychological Abuse

- Emotional distress, agitation, or confusion
- Signs of depression, fear, anxiety, or withdrawal
- Fearful or nervousness around caregiver or other persons
- Isolated from family members or friends
- Older adult or pets are threatened harm
- Removal of decision making



Sexual Abuse

- Non-consensual sexual contact of any kind
- Coerced nudity
- Sending or receiving of sexually explicit photos
- Inappropriate touching or sexual comments
- Making sexual remarks and/or suggestions to another person
- Joking of a sexual nature

It is vital that everyone become informed and understand that we all have a role to play to prevent elder abuse and neglect.

*If you or someone you know is in immediate danger, call **911**.*

Support, Information and Referral for Older Adults in Ontario

Seniors Safety Line
1-866-299-1011

A safe, confidential place for older adults and those who care about them to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse services in their local areas. Interpreter services are available 24 hours a day/7 days a week in more than 200 languages upon request.



Elder Abuse Prevention Ontario

For more information and resources:

Elder Abuse Prevention Ontario
1-416-916-6728
www.eapon.ca
admin@eapon.ca
[@EAPreventionON](https://twitter.com/EAPreventionON)

Funded By:

Ontario 

JUNE 2023

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 10:00 Tai Chi (WMC) 1:00 Pickleball (WMC) 1:00 Solo 7:00 pm Snooker 8:00 pm Pickleball (WMC)	2 8:45 Gentle Exercise 9:00 Snooker/ Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1 PM Pickleball 1:00 Quilting 1:00 Board Games / Darts 7 PM Pickleball (WMC)	3
4 9:00 am Snooker	5 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 8:00 Pickleball (WMC)	6 9:00 Snooker 9:30 & 10:30 Shuffleboard 1:00 Mahjongg 1:00 Quilting 1:00 Ladies' Snooker 1:00 Pickleball (WMC) 2:00 Euchre 8:00 Pickleball (WMC)	7 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba Gold (WMC) 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 8:45 Gentle Exercise 9:00 Snooker/ Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1 PM Pickleball 1:00 Quilting 1:00 Board Games / Darts 7 PM Pickleball (WMC)	10
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18 9:00 am Snooker	19 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 8:00 Pickleball (WMC)	20 9:00 Snooker 9:30 & 10:30 Shuffleboard 1:00 Mahjongg 1:00 Quilting 1:00 Ladies' Snooker 1:00 Pickleball (WMC) 2:00 Euchre 8:00 Pickleball (WMC)	21 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba Gold (WMC) 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 8:45 Gentle Exercise 9:00 Snooker / Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1 PM Pickleball 1:00 Quilting 1:00 Board Games / Darts 7 PM Pickleball (WMC)	24
25 9:00 am Snooker	26 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 8:00 Pickleball (WMC)	27 9:00 Snooker 9:30 & 10:30 Shuffleboard 1:00 Mahjongg 1:00 Quilting 1:00 Ladies' Snooker 1:00 Pickleball (WMC) 2:00 Euchre 8:00 Pickleball (WMC)	28 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba Gold (WMC) 12 NOON - BBQ 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 8:45 Gentle Exercise 9:00 Snooker / Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1 PM Pickleball 1:00 Quilting 1:00 Board Games / Darts 7 PM Pickleball (WMC)	