

WOOLWICH SENIORS ASSOCIATION

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



**CENTRE IS CLOSED
MONDAY MAY 22**

May 22: All programs
cancelled Victoria Day

WSA OFFICE HOURS
Monday to Friday
8:30 am - 1:30 pm.

*We don't stop playing
because we grow old;
we grow old because
we stop playing.*

George Bernard Shaw

AGM 2023

Our AGM was a success. Thank you to all who attended. Congratulations to our newly elected board .

MEET YOUR NEW 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

TIDBITS FROM THE PRESIDENT

We were really happy with the turnout for our AGM. We have 3 new board members and I was excited with the enthusiasm they showed at our first meeting. I think it will be a great year. Mark your calendars: We will be having a Welcome Summer BBQ on Wednesday June 28th, Welcome Back Pizza Party Wednesday September 20th, 90th Birthday Celebration Wednesday, October 25th and Christmas Dinner, Wednesday, December 6th. Full details/ signup sheets to follow. If that isn't enough, we will also host another Valentines Social and lots of other plans are in the works.

Gail Eby. President

YVONNE'S CORNER

Cards sent on behalf of the Woolwich Seniors Association:

Sympathy

Scott & Cheryl Holman
Dawn Koebel
Janice Partridge
Ed Metzger
Abner Metzger

In Memorium

Mel Holman

Thinking of You

Grace Walton
Doris Eix



SAVE THE DATE

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**



Movie

Afternoon!

Join us to watch:
A Dog's Journey

**May 9
1:00PM-3:00PM
at
Elmira Branch
Library**



Region of Waterloo
LIBRARY

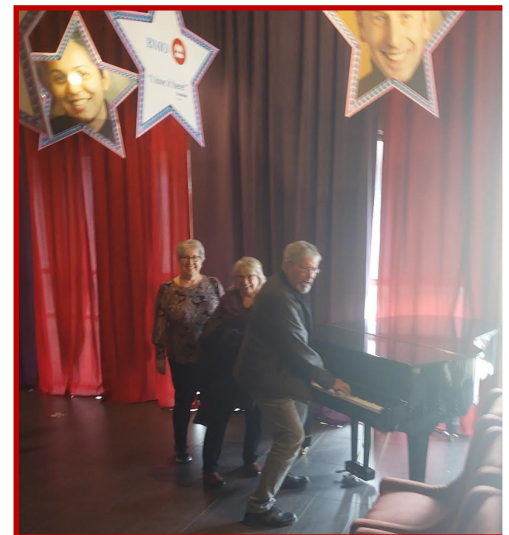
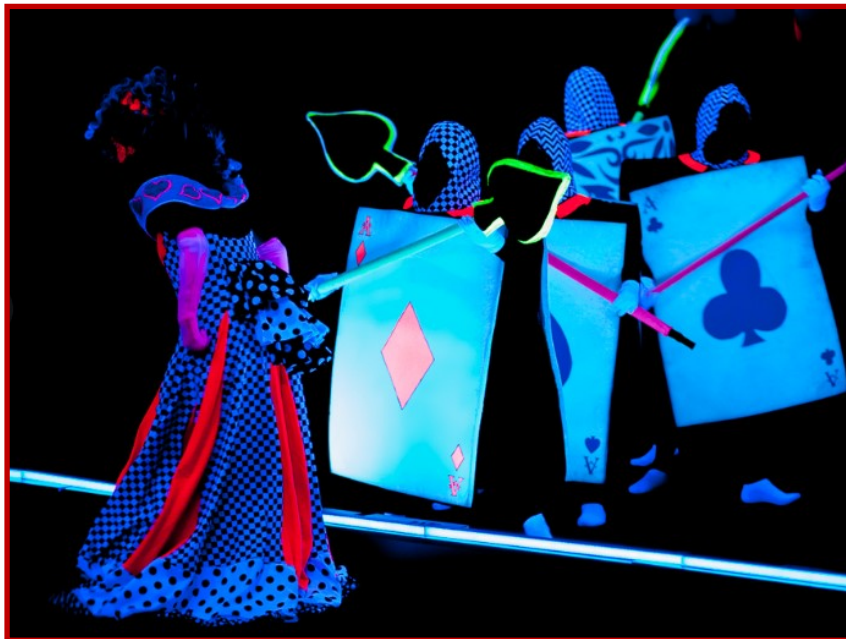
DID YOU KNOW.....

THE **WSA** HAS A LAPTOP FOR **GENEALOGY RESEARCH**, AVAILABLE FOR RENT. USER FEE \$10 PER WEEK WITH A **2 WEEK MAXIMUM RENTAL**. INCLUDES SOFTWARE AND INSTRUCTIONS.

SEE PILAR FOR DETAILS



Our bus trip to the **Famous People Players** on April 4th was an inspiring and beautiful experience. Everything about the day was amazing, the people, the food and the magical Blacklight show. An unforgettable day.



FREE—VIRTUAL PROGRAMS



TAKE CHARGE OF YOUR DIABETES

Diabetes, Healthy Feet & You!

Waterloo Wellington Self-Management Program
Self Management Program Ontario

This interactive virtual workshop can help you discover and develop your expertise in managing your foot care while living with diabetes. Plus, you will be surrounded by people who have lived with the ups and downs of living with diabetes.

Participants will receive a workbook and additional resources to help you follow up on your foot care plan at home.

PROGRAM OBJECTIVES

- Explore your past experience with foot care
- Identify factors that can lead to foot ulcers
- Develop a plan to care for your feet
- Commit to a preventative foot care plan
- Evaluate the changes you have made
- Understand the importance and impact of diabetes on the health of your feet

Upcoming Workshop
Wednesday
May 24, 2023
9:30am- 12:00pm

This program is being held virtually using an online videoconferencing platform. Spaces are limited. Registration is required.

For more information or to register visit
www.wslfmanagement.ca
or call 1-866-337-3318



Thank You

Thank you to the Township of Woolwich for the grant received. Their support is very much appreciated and their continued partnership with the WSA is greatly valued.

To receive your “key tag” for electronic sign in, please stop by the office.

OACAO 2023 SPRING WEBINAR

CAPACITY BUILDING









Gardening for Pollinators
Tuesday, May 30, 2023 from 1:00pm – 2:00pm EDT
Presenter: Karin Davidson-Taylor, B.Sc., B.Ed., Royal Botanical Gardens



How does your garden grow? Or perhaps we need to ask ourselves how does our garden help local pollinators? Join Karin from Royal Botanical Gardens to discover why certain insects are attracted to certain flowers and what you can do to improve their habitat whether you use containers or have a garden.



Karin joined RBG in 2006, coming with 17 years experience with the Upper Grand DSB in both children and adult education. She has been responsible for establishing RBG as a Canadian leader in the world of interactive virtual programs. She develops and delivers their distance education programming to schools and life-long learners around the world, working in coordination with other staff and partners.

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

Register at: <https://oacao.wildapricot.org/event-5192688>
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 Adults' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO celebrating



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



MAY 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 10:00 Crockinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 7:00 Cribbage 8:00 Pickleball (WMC)	2 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)	3 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba Gold (WMC) 1:00 Bid Euchre 1:00 Pickleball (WMC)	4 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)	5 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)	6
7 9:00 am Snooker	8 9:00 Snooker 10:00 Crockinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 7:00 Cribbage 8:00 Pickleball (WMC)	9 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)	10 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba Gold (WMC) 1:00 Bid Euchre 1:00 Pickleball (WMC)	11 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)	12 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)	13 7:00 – 10 pm Bid Euchre
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