

# WOOLWICH SENIORS ASSOCIATION

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

## ACTIVITY NOTICES

### 90TH BIRTHDAY DINNER CELEBRATION

TUESDAY OCTOBER 17, 2023

COST: \$25 PER PERSON

**\*\*TICKETS AVAILABLE UNTIL  
OCTOBER 10, 2023\*\***

### Elder Abuse Education Presentation

Friday October 27, 2023

1:00 pm

Registration required

## CANCELLATIONS FOR SEPTEMBER

OCTOBER 3RD: YOGA FOR  
SENIORS

OCTOBER 6TH & 9TH BRIDGE

OCTOBER 27TH: BOARD GAMES

OCTOBER 31ST: SHUFFLEBOARD &  
YOGA FOR SENIORS

## SAVE THE DATE:

Christmas Craft Show  
Saturday November 25th, 2023  
More information to follow

## 2024 WSA MEMBERSHIP

### New Memberships and Renewals

Our membership campaign is starting in **October**. Membership fees contribute directly to the operating budget and maintaining the association. **All new and renewal Memberships** for the Woolwich Seniors Association, paid in October and beyond, will carry over for the full 2024 year. Memberships are \$25 and run on a calendar year.

If you are planning on participating in any in-person Activities, 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. Memberships can be paid by cash or cheque. Please make cheques payable to the **Woolwich Seniors Association**. Memberships can be dropped off at the Woolwich Seniors Association office or they can be mailed to:

*Woolwich Seniors Association*  
24 Snyder Avenue South  
Elmira, ON  
N3B 1Y9

## TIDBITS FROM THE PRESIDENT

We are starting a “**Book of Memories**” of members of the WSA who have passed. Each page will tell a little about the person, when they joined, what they did while a member of the Seniors Association, when they passed and a picture or two. We are hoping to form a committee to get this project up and running. If you are interested, please let Pilar know. If you have a story to share about a friend/family member to be included, we would love to hear from you. We don't want to leave anyone out. As we add to our book, it will become a truly special history of and legacy for our association.

Gail Eby, President

**YVONNE'S CORNER**

Cards sent on behalf of the Woolwich Seniors Association:

**In Memorium**

Vernon Sauder  
Betty Furlong

**Sympathy**

Charlie and Irene Zettel  
Vernon Sauder Family  
Jane and Allan Graff  
Kathie Miller

**Get Well**

Addie Stickler



**ELDER ABUSE EDUCATIONAL PRESENTATION**

PRESENTED BY THE ELDER ABUSE PREVENTION COUNCIL



FRIDAY OCTOBER 27th, 2023

1:00 pm

\*\*REGISTRATION REQUIRED\*\*



To register stop by the office or call 519-669-5044



**FREE MOBILE LEGAL CLINIC**



WOOLWICH COMMUNITY SERVICES CENTRE:  
5 MEMORIAL AVE, ELMIRA, ON



WEDNESDAY, OCTOBER 11, 2023 | 9 AM - 12 PM



**DO YOU HAVE A LEGAL PROBLEM?**

Speak directly with a lawyer from Waterloo Region Community Legal Services (WRCLS).



**BOOK AN APPOINTMENT**

Book an appointment by calling 519-669-5139. Walk-ins are also accepted but may not be guaranteed a slot without an appointment.



**GET LEGAL HELP**

Free and confidential legal help.



**How Hearing Works & Solutions for Hearing Loss**

WITH PERFECT PITCH HEARING

Thursday, October 5 at 2 p.m.  
Elmira Branch

- Anatomy of the ear,
- How hearing works,
- Causes of hearing loss, and
- Living with hearing loss

REGISTER IN-PERSON OR ONLINE AT RWLIBRARY.CA

## WOOLWICH COUNSELLING CENTRE - FREE "IN PERSON" WORKSHOPS



### CAREGIVER SUPPORT GROUP

In-person sessions for adults

Thursdays, Oct. 5, Nov. 2, Dec. 7 2023, Jan. 4, Feb. 1, Mar. 7, Apr. 4, May 2, Jun. 6 2024 1-2 pm

Fee: No cost

Caregivers provide physical and emotional support to family members, neighbours, partners, and friends. We recognize that caregivers may also need support. We are here for you.

Please join us for refreshments, conversation, community, and peer support. This event will have a theme of self-care. Please join us for one or all sessions.

## WOOLWICH COUNSELLING CENTRE - FREE "VIRTUAL" WORKSHOPS



### BUILDING RESILIENCE

Virtual adult workshop

Wednesday, Oct. 18 2023, 7-8 pm

Fee: No cost

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

Join us to discover how to learn from and grow through adversity. We will help you build a resilience plan and learn new skills to apply to your life when stressful situations arise.



### MANAGING CAREGIVER FATIGUE

Virtual adult workshop

Wednesday, Oct. 25 2023, 1-2 pm

Fee: No cost

Being a caregiver has many rewards and can be very emotionally fulfilling. However, it can also be demanding and impact mental and emotional well-being.

Join us to equip yourself with coping skills, self-care, and strategies to prevent caregiver fatigue.



### GRIEF GROUP FOR SENIORS

In-person sessions

Wednesdays, Nov. 1-Dec. 6 2023, 1-2 pm

Fee: No cost

Grief is a journey that requires special care and the support of others as we heal. This six-session group will focus on the journey through grief after the loss of a loved one. It will provide opportunities for connection and reflection during the healing process.

To register, please call [519-669-8651](tel:519-669-8651) or email [info@woolwichcounselling.org](mailto:info@woolwichcounselling.org).



**MOVIE AFTERNOONS:**  
**JESUS REVOLUTION**  
 TUESDAY, OCTOBER 3 | 1:00 PM TO 3:00 PM  
 AT THE ELMIRA BRANCH  
 DROP-IN, NO REGISTRATION REQUIRED.

**HOW TO CLEAN & CARE FOR HEARING AIDS**

WEDNESDAY, OCTOBER 18 AT 1 P.M.  
 ELMIRA BRANCH

HANDS ON WORKSHOP  
 FREE CLEANING KIT PROVIDED

REGISTER IN-PERSON OR ONLINE AT [RWLIBRARY.CA](http://RWLIBRARY.CA)

The quilters are looking for  
 "Quilt Tops"

**PICKLEBALL** **Free Beginner Clinic**

*Woolwich Memorial Centre*

Learn how to play Pickleball in a free guided clinic.

**Thursdays 11:30-1pm**

- Oct 12
- Oct 26
- Nov 23

**Sunday 9-10:30am**

- Sept 17
- Oct 15
- Nov 12

**WOOLWICH TOWNSHIP** Pre-registration required. Register at [www.woolwich.ca](http://www.woolwich.ca).

**DID YOU KNOW.....**

Any non-member guest/visitor attending any drop in activity , pays double the **current activity fee**. Any non-member guest/visitor will need to join the WSA **after 3 visits**.



## We can all fall victim to a scam

Not sure if it's Canada Revenue Agency contacting you? Join us to learn how to protect yourself from scams and fraud. Register now for our free "Be scam smart" webinar.

**Date:** Wednesday, October 11, 2023

**Duration:** 30 minutes

The Canada Revenue Agency (CRA) is hosting an interactive webinar to share information on:

- how to identify fake CRA calls, texts, emails, or mail
- how to recognize legitimate communications from the CRA
- steps you can take to protect yourself from scams
- what to do if you're a victim of fraud
- helpful services and tools

You can also ask questions via a live Q&A.

**Register now at:**

[collaboratevideo.net/cra-arc/cra-50V/?src=Regions](https://collaboratevideo.net/cra-arc/cra-50V/?src=Regions)

<b>Time:</b>	English Webinar	French Webinar
<b>Newfoundland, and Labrador</b>	3:30 pm	12:30 pm
<b>Maritimes</b>	3:00 pm	12:00 pm
<b>Quebec, Ontario, Nunavut</b>	2:00 pm	11:00 am
<b>Manitoba, Saskatchewan</b>	1:00 pm	10:00 am
<b>Alberta, Northwest Territories</b>	12:00 pm	9:00 am
<b>British Columbia</b>	12:00 pm MT 11:00 am PT	9:00 am MT 8:00 am PT
<b>Yukon</b>	12:00 pm	9:00 am



**OCTOBER 2023**  **WOOLWICH SENIORS ASSOCIATION**

519-669-5044

email: [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)

[www.woolwichseniors.ca](http://www.woolwichseniors.ca)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 Snooker 9:00 Pickleball	2 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing 1:00 Bridge 1:00 Pickleball 7:00 Cribbage 8:00 Pickleball	3 9:00 Snooker 9:30 & 10:30 Shuffleboard 12:00 Yoga for Seniors - CANCEL 1:00 Mahjongg/Quilting 1:00 Ladies Snooker 1:00 Pickleball 2:00 Euchre 8:00 Pickleball	4 HOCKLEY VALLEY TRIP 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba CANCELLED 1:00 Bid Euchre 1:00 Pickleball	5 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi** 1:00 Pickleball 1:00 Solo 7:00 pm Snooker 8:00 pm Pickleball	6 8:45 Gentle Exercise 9:00 Snooker 9:00 Bridge 10:00 Line Dancing 12:00 Chair Yoga** 1:00 Quilting/Board Games 1 PM / 7 PM Pickleball	7
8 9:00 Snooker 9:00 Pickleball	9 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing 1:00 Bridge 1:00 Pickleball 8:00 Pickleball	10 9:00 Snooker 9:30 & 10:30 Shuffleboard 12:00 Yoga for Seniors 1:00 Mahjongg/Quilting 1:00 Ladies Snooker 1:00 Pickleball 2:00 Euchre 8:00 Pickleball	11 8:45 Gentle Exercise 9:00 Snooker 10:00 Book Club 11:00 Zumba 1:00 Bid Euchre 1:00 Pickleball	12 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi** 1:00 Pickleball 1:00 Solo 7:00 pm Snooker 8 pm Pickleball - CANCEL	14 8:45 Gentle Exercise 9:00 Snooker 9:00 Bridge 10:00 Line Dancing 12:00 Chair Yoga** 1:00 Quilting/Board Games 1 PM / 7 PM Pickleball	7:00 – 10 pm Bid Euchre
15 9:00 Snooker 9:00 Pickleball	16 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing 1:00 Bridge 1:00 Pickleball 7:00 Cribbage 8:00 Pickleball	17 9:00 Snooker 9:30 & 10:30 Shuffleboard 12:00 Yoga for Seniors 1 Mahjongg/Quilting/Snooker 1:00 Pickleball 2:00 Euchre 8:00 Pickleball 5:00 pm 90 <sup>th</sup> Birthday Dinner	18 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba 1:00 Bid Euchre 1:00 Pickleball	19 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi** 1:00 Pickleball 1:00 Solo 7:00 pm Snooker 8:00 pm Pickleball	20 8:45 Gentle Exercise 9:00 Snooker 9:00 Bridge 10:00 Line Dancing 12:00 Chair Yoga** 1:00 Quilting/Board Games 1 PM / 7 PM Pickleball	21
22 9:00 Snooker 9 Pickleball - CANCEL	23 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing 1:00 Bridge 1:00 Pickleball 7:00 Cribbage 8:00 Pickleball	24 9:00 Snooker 9:30 & 10:30 Shuffleboard 12:00 Yoga for Seniors 1:00 Mahjongg/Quilting 1:00 Ladies Snooker 1:00 Pickleball 2:00 Euchre 8:00 Pickleball	25 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba 1:00 Bid Euchre 1:00 Pickleball	26 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi** 1:00 Pickleball 1:00 Solo 7:00 pm Snooker 8:00 pm Pickleball	27 8:45 Gentle Exercise 9:00 Snooker / Bridge 10:00 Line Dancing 12:00 Chair Yoga** 1 PM Elder Abuse Presentation 1:00 Quilting 1 PM Board Games - CANCEL 1 PM / 7 PM Pickleball	28 7:00 – 10 pm Bid Euchre
29 9:00 Snooker 9 Pickleball - CANCEL	30 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing 1:00 Bridge 1:00 Pickleball 7:00 Cribbage 8:00 Pickleball	31 9:00 Snooker 9:30/10:30 Shuffleboard-CANCEL 12:00 Yoga for Seniors - CANCEL 1:00 Mahjongg/Quilting 1:00 Ladies Snooker 1:00 Pickleball 2:00 Euchre 8:00 Pickleball				

\*\*Pay at the TOW front desk\*\*