# **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

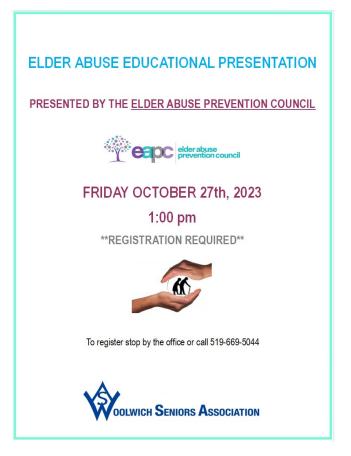
# **Sympathy**

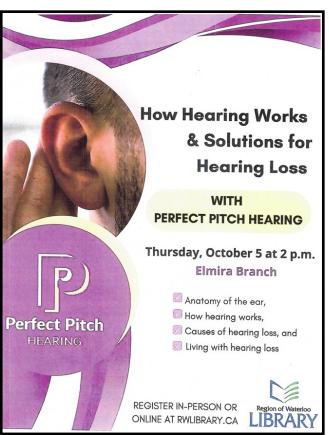
Charlie and Irene Zettel
Vernon Sauder Family
Jane and Allan Graff
Kathie Miller

**Get Well** Addie Stickler









#### 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.

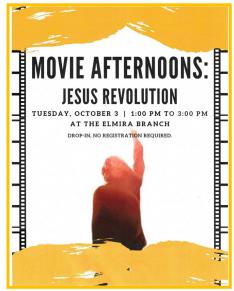


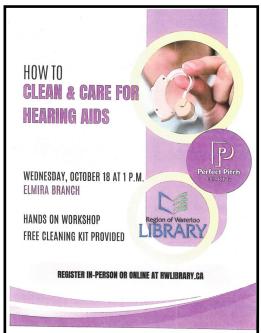
#### **GRIEF GROUP FOR SENIORS**

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.











# 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

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

	OCTOE	ER 2023	<b>*OOLWICH SENIORS ASSOCIATION</b>	OR.	IATION	
	519-669-5044	email: c	ontact@woolwichseniors.ca	a www.woolwichseniors.ca	hseniors.ca	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 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
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	6 8:45 Gentle Exercise 9:00 Snooker 9:00 Bridge 10:00 Line Dancing 12:00 Chair Yogat 1:00 Quilting/Board Games 1:00 Application	<b>14</b> 7:00 – 10 pm Bid Euchre
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 90th 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	8:45 Gentle Exercise 9:00 Snooker 9:00 Bridge 10:00 Line Dancing 12:00 Chair Yogat* 1:00 Quilting/Board Games	21
9:00 Snooker	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 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 Yogat 1 PM Elder Abuse Presentation 1:00 Quilting 1 PM Board Games - CANCEL 1 PM / 7 PM Pickleball	<b>28</b> 7:00 – 10 pm Bid Euchre
9:00 Snooker 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 Shufflebrd-CANCEL 12 Yoga for Seniors - CANCEL 1:00 Mahjongg/Quilting 1:00 Ladies Snooker 1:00 Pickleball 2:00 Euchre 8:00 Pickleball				
e   **Pay at the TO	TOW front desk**					