

WOOLWICH SENIORS ASSOCIATION

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

ACTIVITY NOTICES

Yoga for Seniors

Tuesdays at 12 Noon

Starts: Tuesday September 5th

Pizza Party

Wednesday

September 20th, 2023

12 - 2 pm

Tickets available until Sept 15th

Bid Euchre time change

Wednesday September 20th

** 2 - 5 pm **

Art Workshop

Painted Autumn Wreath
on Wooden Board

Friday October 20, 2023

1:00 PM

Cost: \$4.00

Elder Abuse Education Presentation

Friday October 27, 2023

1:00 pm

Registration required

****WSA will be closed Monday
September 4th, 2023****

CANCELLATIONS FOR SEPTEMBER

SEPT 1: GENTLE EXERCISE

SEPT 6: GENTLE EXERCISE &
ZUMBA

SEPT 22: LINE DANCING, CHAIR
YOGA & PICKLEBALL

SEPT 24: PICKLEBALL

SAVE THE DATES

Tuesday October 17th, 2023:

90th Birthday Dinner Celebration at the Elmira Legion

Friday October 27th, 2023:

Elder Abuse Educational Presentation - Senior's Room

Tuesday December 5th, 2023:

Christmas Dinner at the Elmira Legion

MORE DETAILS TO FOLLOW



TIDBITS FROM THE PRESIDENT

It is hard to imagine that summer is almost over and we will soon be back to our "regular" schedules. I hope you had a nice break. As we return, please keep in mind that within our membership, we have all levels of expertise, interests, expectations and skills in games, cards, exercises, activities, etc. Whatever you participate in, we stress fun, socialization and inclusivity and that each member should **EXPECT RESPECT**. If you ever find yourself in a situation where you don't feel respected, please let Pilar or someone on the board know so we can address the situation appropriately.

Gail Eby, President



YVONNE'S CORNER

Cards sent on behalf of the Woolwich Seniors Association:

Sympathy

Bev Wendland
Charley & Irene Zettel
Lorna & Barry Lessard

Thinking of You

Grace McKeag
Dan Ziegler

Get Well Soon

Jane Graff
Thelma Knoll
Marlene Baetz
Ida Brubacher
Shirley Hoefler
John Hummel



BOARD OF DIRECTORS

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

BUS TOURS UPDATE

Hockley Valley Fall Drive Bus Tour. **Wednesday October 4, 2023.** Enjoy the fall colours of Hockley Valley!
Tickets: \$75 per person. **SOLD OUT!**

Scottish Castles Bus Tour: Castle Kilbride **Thursday November 23rd, 2023.** Tour this breathtaking National Historic Site. Tickets: \$90 per person. **5 tickets remaining!**



**90th Birthday Celebration
Dinner**

Tuesday, October 17th 2023

5:00 pm

Royal Canadian Legion, Elmira

MORE DETAILS TO FOLLOW

Join the Woolwich Seniors Association in celebrating members who have turned 90 in 2023!



PIZZA PARTY
WEDNESDAY
SEPTEMBER 20, 2023
\$12 PER PERSON
12:00 NOON

****STOP BY THE OFFICE TO GET YOUR TICKET****
TICKETS ON SALE UNTIL FRIDAY SEPTEMBER 15TH, 2023

PAINTED AUTUMN WREATH ON A WOODEN BOARD

LEARN TO PAINT A FAUX WOOD BACKGROUND
ALONG WITH A SIMPLE
TECHNIQUE FOR PAINTING A WREATH AND BERRIES



DATE: FRIDAY OCTOBER 20TH, 2023
TIME: 1:00 PM
COST: \$4.00

STOP BY THE OFFICE TO REGISTER

Movie
Afternoon!

Join us to watch:
Till

September 5
1:00PM-3:00PM
at
Elmira Branch
Library



YOGA FOR SENIORS
TUESDAYS 12:00 NOON



STARTS TUESDAY SEPTEMBER 5, 2023



WANTED

QUILTERS TO JOIN THE QUILTING GROUP
TUESDAYS & FRIDAYS
1:00 PM

DID YOU KNOW.....

The Elmira Lions host annual **Bingo** nights in support of local community organizations. The Woolwich Seniors Association is one of the participants/recipients of this financial gesture.

January 11, 2024, the Elmira Lions will be hosting the Woolwich Seniors Association.



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



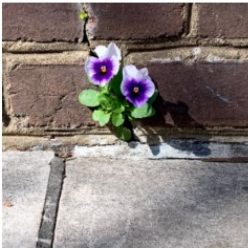
THE IMPORTANCE OF SELF-CARE

Virtual adult workshop

Wednesday, Sept. 27 2023, 7-8 pm

Fee: No cost

This workshop is aimed at identifying key elements of care that can impact mood and overall well-being. Learn how to support your physical and mental health through day-to-day behavioural change.



BUILDING RESILIENCE

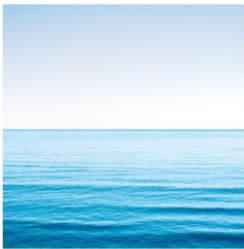
Virtual adult workshop

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.



WHAT IS MINDFULNESS?

Virtual adult workshop

Thursday, Oct. 19 2023, 7-8 pm

Fee: No cost

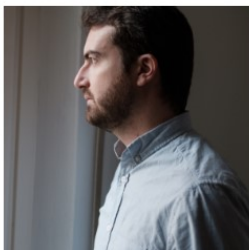
Mindfulness is proven to be highly effective for both physical and emotional health, including anxiety, depression, high blood pressure, heart disease, sleep disorders, and chronic pain.

This workshop will provide participants with a thorough understanding of mindfulness and the well-being it can bring to our lives.

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



WOOLWICH COUNSELLING CENTRE - FREE "VIRTUAL" WORKSHOPS CONTINUED



UNDERSTANDING COGNITIVE BEHAVIOUR THERAPY (CBT)

Virtual adult workshop
Tuesday, Oct. 24 2023, 7-8 pm
Fee: No cost

Learn about an evidence-based approach commonly used in mental health counselling to support clients struggling with stress, depression and/or anxiety.

You will be introduced to the CBT Model and learn how thoughts, emotions, and behaviours interact as well as the value of changing negative thinking patterns.



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 for any of these workshops, please call [519-669-8651](tel:519-669-8651) or email info@woolwichcounselling.org.





DIABETES

Self-Management Program

The Diabetes Self-Management Program is a free 6-week workshop that was developed to support those living with Type 2 Diabetes, and their families, to manage their diabetes and includes goal setting to help participants start and maintain lifestyle changes.




TOPICS INCLUDE:

- Appropriate exercise for maintaining and improving strength and endurance
- How to use glucose monitoring to make day to day decisions and to manage sick days
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers
- Recommended tests for prevention or delay of complications
- Proper foot care
- Action-planning, problem solving, decision making

Tuesdays
September 12- October 17, 2023
5:30pm- 8:00pm

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

You must provide a valid email address in order to participate

FOR MORE INFORMATION OR TO REGISTER VISIT WWW.WWSELFMANAGEMENT.CA
OR CALL 1-866-337-3318

WOOLWICH MEMORIAL CENTRE
See Customer Service or visit
www.woolwich.ca/register



FREE

55+

RESISTANCE BAND BASICS

Mondays 11:10-11:55
October 16 - 30

This program is designed to help seniors learn resistance band exercises to improve mobility and strength while respecting individual abilities. Focus will be on functional movement, postural strength and stability. Participants will walk away with personalized workout plans and the ability to develop new plans for themselves.



The Kissing Bridge Art Tour is a beloved 21-year-old tradition in Woolwich Township and is looking for volunteers!

On **Saturday/Sunday, October 21-22, 10 - 5 pm**, 50 artist will display and sell their work across 10 locations throughout Elmira, St Jacobs, Maryhill, and Floradale.

Tour artists come from Woolwich Township and beyond and have amazing talent covering most type of visual art, including painting, sculpture, quilting, felting, wood design, weaving, photography, pottery, printmaking, jewelry design, sketching, dollmaking and more.

Enthusiastic volunteers will assist at our various sites with the following activities: greeting and directing the public, helping artists with anything they might need, and just generally ensuring that all things are running smoothly.

If you love art and/or love engaging with community, the Kissing Bridge Art Tour is a perfect opportunity!

Please visit: www.kissingbridgearttour.ca and visit our Volunteer page, or else directly email/call Carolyn Parks, Chair, at: creativev@gto.net/519-503-1247.



Volunteers Needed
Greet People, Enjoy Art, Have Fun!

KISSING BRIDGE
ART TOUR

OCTOBER 21-22
www.kissingbridgearttour.ca

ELDER ABUSE EDUCATIONAL PRESENTATION

PRESENTED BY THE ELDER ABUSE PREVENTION COUNCIL



FRIDAY OCTOBER 27th, 2023

1:00 pm

****REGISTRATION REQUIRED****

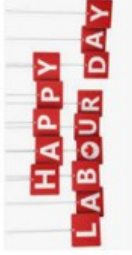


To register stop by the office or call 519-669-5044



SEPTEMBER 2023 WOOLWICH SENIORS ASSOCIATION

519-669-5044 email: contact@woolwichseniors.ca www.woolwichseniors.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 9:00 Snooker	4 **CLOSED** 	5 9:00 Snooker 9:30 & 10:30 Shuffleboard 12:00 Yoga for Seniors NEW 1:00 Mahjongg / Quilting 1:00 Ladies Snooker 1:00 Pickleball (WMC) 2:00 Euchre 8:00 Pickleball (WMC)	6 8:45 Gentle-Exercise CANCEL 9:00 Snooker 44:00 Zumba CANCELLED 10:00 Book Club 1:00 Bid Euchre 1:00 Pickleball (WMC)	7 9:00 Snooker 9:30 Crocheting/knitting 1:00 Pickleball (WMC) 1:00 Solo 7:00 pm Snooker 8:00 pm Pickleball (WMC)	8 8:45 Gentle Exercise 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games 1 PM / 7 PM Pickleball	9 7:00 – 10 pm Bid Euchre
10 9:00 am Snooker 9:00 am Pickleball	11 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 7:00 Cribbage 8:00 Pickleball (WMC)	12 9:00 Snooker 9:30 & 10:30 Shuffleboard 12:00 Yoga for Seniors NEW 1:00 Mahjongg / Quilting 1:00 Ladies Snooker 1:00 Pickleball (WMC) 2:00 Euchre 8:00 Pickleball (WMC)	13 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba (WMC) 1:00 Bid Euchre 1:00 Pickleball (WMC)	14 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)	15 8:45 Gentle Exercise 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games 1 PM / 7 PM Pickleball	16
17 9:00 am Snooker 9:00 am Pickleball	18 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 7:00 Cribbage 8:00 Pickleball (WMC)	19 9:00 Snooker 9:30 & 10:30 Shuffleboard 12:00 Yoga for Seniors NEW 1:00 Mahjongg / Quilting 1:00 Ladies Snooker 1:00 Pickleball (WMC) 2:00 Euchre 8:00 Pickleball (WMC)	20 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba (WMC) 12 – 2 PM – PIZZA PARTY ** 2 – 5 pm Bid Euchre** 1:00 Pickleball (WMC)	21 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)	22 8:45 Gentle Exercise 9:00 Snooker 9:00 Bridge 40 – Line Dancing CANCELLED 42:00 Chair-Yoga CANCELLED 1 PM LAVENDER WORKSHOP 1:00 Quilting/Board Games 4 PM / 7 PM Pickleball CANCEL	23 7:00 – 10 pm Bid Euchre
24 9:00 am Snooker 9 am Pickleball CANCEL	25 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing (WMC) 1:00 Bridge 1:00 Pickleball (WMC) 7:00 Cribbage 8:00 Pickleball (WMC)	26 9:00 Snooker 9:30 & 10:30 Shuffleboard 12:00 Yoga for Seniors NEW 1:00 Mahjongg / Quilting 1:00 Ladies Snooker 1:00 Pickleball (WMC) 2:00 Euchre 8:00 Pickleball (WMC)	27 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba (WMC) 1:00 Bid Euchre 1:00 Pickleball (WMC)	28 HOCKLEY VALLEY TRIP 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)	29 8:45 Gentle Exercise 9:00 Snooker 9:00 Bridge 10:00 Line Dancing (WMC) 12:00 Chair Yoga (WMC) 1:00 Quilting 1:00 Board Games 1 PM / 7 PM Pickleball	30