



AJAX SENIORS' CLUB

St. Andrew's Friendship Centre

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Issue111

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Newsletter for July-Aug 2024

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- This Newsletter will be for July and August as some activities are closing for the Summer and there isn't much planned as even Seniors need some time off. If you're unsure about your activity, contact the Activity Coordinator.
- Oh, the good old Summertime when the sun shines into long days of barbecues and bathing suits, ice cream and pool floats. In the words of Sam Keen- it's when "laziness finds respectability."
- REMINDER. The St. Andrew's Centre and GYM will be closed for maintenance from Sunday, July 14 to Saturday, July 20.
- If you are no longer receiving emails from me, please let me know and I'll put you back on the list.
- FYI, the website address is ajaxseniorsclub.ca. Also, our new logo is now added to the top of the Newsletter.

MARK YOUR CALENDAR

- July 1st Canada Day
- July 13th BBQ and Video Horse Racing at St. Andrew's Centre
- July 14th St. Andrew's Centre closed for Maintenance.
- July 21st St. Andrew's Centre re-opens
- July 17th Mexican Train, a new activity, will start. 7 to 9 pm. Sign up at either centre.
- July 27th Honourary Members' Luncheon - ACC HMS Room. Details in Club Info.
- Aug. 20^h Lunch and Learn at the Village. Power of Attorney. See details in Club Info

Flashlight: A case for holding dead batteries.

When you go into court, you are putting yourself in the hands of twelve people, who weren't smart enough to get out of jury duty.

Those who live by the sword get shot by those who don't.

Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.

CLUB INFO

• B.B.Q. & RACING EVENT DAY

Date: Saturday July 13th Time: 12.00 noon – 3.30 pm

Doors open at 11.00am

Location: St. Andrew's Centre

Lunch at 11:30 followed by video horse racing.

Tickets: \$10

Members only

LUNCH INFORMATION

Tickets to be handed in when entering the solarium.

Members can have any of the following for lunch: Hamburger, Sausage, Salad,

Bag of Chips, Sweets

Soft Drink, Tea, Coffee or Water

VIDEO HORSE RACING DETAILS

All Bets are \$1.00. All betting money is pooled.

Winning Tickets split among all the Placed Bets. No Place or Show Betting allowed.

Only Win Tickets are Paid.

Please bring loonies or Toonies NO BILLS PLEASE

- The St. Andrew's Tuesday Exercise Class will remain open in July and August. The time is changed to 1:45 pm for one hour. The Friday Exercise classes have stopped and will return in September.
- The Honourary Members Luncheon will be held in the Ajax Community Centre HMS Room on Saturday, July 27 from 11 am to 3 pm. Entertainment will be provided by the multi-talented Jeannette VanderVooren. Check the Bulletin Boards or website for more details.
- NEW ACTIVITY at the Village Centre - MEXICAN TRAIN starting Wednesday, July 17th 7:00-9:00. Please sign up at either centre
- Ajax Seniors will be hosting a Lunch and Learn on August 20th. 11:00-1:00. SERVICE CANADA TOPIC: The Importance of Power of Attorney (POA) and Disability Tax Credit. Location to be determined. Look for the sign up at both centres.

THE SENILITY PRAYER:

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

The wonderful thing about being senile is you can hide your own Easter eggs and have fun finding them.

Reporters interviewing a 104-year-old woman: 'And what do you think is the best thing about being 104?' the reporter asked... She simply replied, 'No peer pressure.'

MESSAGE FROM YOUR PRESIDENT & VICE PRESIDENT

- It's summer and we are getting very close to the Honoree event to celebrate our 90 plus year young members. I am always pleased to see so many in the membership book, and that they do come out to some of the activities.
- We are adding a new activity, Mexican Train, to the Wednesday night activity at the Village. If you are interested, please sign up it starts in July 17 at 7pm.
- We are always looking to add new activities or more of the ones we have if there is enough interest. The new Bingo machine and large screen is going over very well at St Andrews. There is also a new machine at the Village for their Sunday Bingo group, and their numbers are growing as it is fun. We donated the two old bingo machines to the Falby Court buildings as some of our members live there and like to play the game.
- We are closing St Andrews centre for maintenance during the week of July 14th to the 20th. The Village centre is open for any member that wants to go there to enjoy the activities.
- We have just had the Canada Day weekend and St Andrew's centre had a custodian to open on the Monday from 8 am until 1 pm. This is like all civic holidays; the centre is open as long as the coordinator can open and close the building. We are lucky that it can stay open, so enjoy.
- The Pictures that are in the cabinet at St Andrew's and on the wall at the Village are taken to show off our members having fun at the activities. There are pictures on the website as well. Check the Activities and Photos pages. If you want some pictures of your group taken, please contact Jan Herbert as she has taken some and is willing to help out.
- I hope everyone has a great summer and remember if going out in the sun, use sunscreen.

FRASER GRANT (289) 200-4800

Jan Herbert (905) 903-3537

I've sure become old. I've had 2 bypass surgeries, a hip replacement, new knees and diabetes. I'm half blind, I can't hear anything quieter than a jet engine, take 40 different pills that make me dizzy and winded. I have bouts with dementia. I have poor circulation; can hardly feel my hands and feet anymore. I can't remember if I'm 85 or 92. Have lost all my friends but thank goodness, I still have my driver's licence.

Know how to prevent sagging? Just eat until the wrinkles fill out.

These days, half the stuff in my shopping cart says, 'For Fast Relief.'

INFORMATION FROM THE TOWN OF AJAX

All the details (registration links and program descriptions) for upcoming events are available under www.ajax.ca/AgingWellMonth2024 on the internet or contact.

Moninder Nahar-Arjun,

Town of Ajax, at 905-619-2529 ext. 7243.

AJAX LIBRARY PROGRAMS

For a full list of Library Programs, please visit: <https://ajaxlibrary.ca/whatson>.

Julia Campbell (she/her) Adult Services Librarian

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Why I Like Retirement

Question: *When is a retiree's bedtime?*

Answer: *Two hours after falling asleep on the couch.*

Question: *How many retirees does it take to change a light bulb?*

Answer: *Only one, but it might take all day.*

Question: *What's the biggest gripe of retirees?*

Answer: *There is not enough time to get everything done.*

Question: *Why don't retirees mind being called Seniors?*

Answer: *The term comes with a 10% discount.*

Question: *Among retirees, what is considered formal attire?*

Answer: *Tied shoes.*

Question: *Why do retirees count pennies?*

Answer: *They are the only ones who have the time.*

Question: *What is the common term for someone who enjoys work and refuses to retire?*

Answer: *NUTS!*

Question: *Why are retirees so slow to clean out the basement, attic or garage?*

Answer: *They know that as soon as they do, one of their adult kids will want to store stuff there.*

Question: *What do retirees call a long lunch?*

Answer: *Normal.*

And my very favorite

QUESTION: *What do you do all week?*

Answer: *Monday through Friday, NOTHING.*

Saturday & Sunday, I rest.

Birthdays for the Month of July

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
691	VILAS PATEL		1-Jul
568	ZHUQIN ZHANG		1-Jul
483	ANNA GUO		2-Jul
622	LIZ SIMON		3-Jul
283	PATRICIA KIMMERER		3-Jul
545	DAYING HE		5-Jul
505	DOREEN McNAMARA		5-Jul
318	MAUREEN TUTTY		5-Jul
506	PHYLLIS BALSDON		5-Jul
631	RUTH RANKIN		5-Jul
66	AILEEN McKENZIE		6-Jul
421	MARY ABERCROMBIE		6-Jul
375	SANDRA PLOOARD		7-Jul
325	DAVID GOLD		8-Jul
285	JOAN MITCHELL		8-Jul
284	MARIE SIDNEY	HN	9-Jul
739	WANDA WAGNELL		9-Jul
459	GAIL MASON		11-Jul
410	RICHARD GONZALEZ		13-Jul
520	DIAN EDWARDS		14-Jul
226	DOROTHY BUCHANAN		14-Jul
654	JOANNE McKINNON		15-Jul
457	LENORE PERSAD		15-Jul
477	LYNNE SILVER	HN	15-Jul
597	SERAFINA DASILVA	HN	15-Jul
57	VALERIE SILVEIRA		15-Jul
544	BINGJIAO GUO		18-Jul

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
334	JACKIE KHALEK		19-Jul
148	KATHY MAXWELL		19-Jul
562	QINGFEN YOU		19-Jul
135	SHARON LEUNG		19-Jul
119	ALLAN WESTWOOD		20-Jul
290	ANNE DAVIS		20-Jul
685	DOUGLAS GODWIN		20-Jul
147	LINDA BROWN		20-Jul
501	BASHEER AHMED		21-Jul
61	COBY CATALI		21-Jul
169	EXY ARNOLD		22-Jul
185	VALERIE POWELL		22-Jul
401	SIMIN FARIDANI		23-Jul
234	BRENDA GRIFFITHS		24-Jul
484	GWENDA MORONEY		26-Jul
571	LINDA GEDDIS		26-Jul
202	BARB GRAMS		27-Jul
456	JANET FLEMING		27-Jul
730	GORDON McGREGOR	HN	28-Jul
253	IAN DALRYMPLE		28-Jul
732	JOSEPH KERR	HN	29-Jul
677	MEHUL SHARMA		29-Jul
213	GAIL LEWIS		30-Jul
124	LOUISE COLLEY		30-Jul
444	ANITA BOUTARA		31-Jul
172	PATRICIA DELBEL		31-Jul

Light travels faster than sound. This is why some people appear bright until you hear them speak.

A fine is a tax for doing wrong. A tax is a fine for doing well.

He who laughs last, thinks slowest.

A day without sunshine is like, well, night.

The things that come to those who wait, may be the things left by those who got there first.

Birthdays for the Month of August

No.	NAME	HN	BIRTHDAY
223	DIANNE HUSSEY		1-Aug
17	ROSITA THOMPSON		1-Aug
219	CAROLE CARTER	HN	2-Aug
270	VAL JORDAN		2-Aug
548	HAO FEI LI		3-Aug
349	KEITH BAXTER		04-Aug
376	DAVID RIEGERT		5-Aug
222	DOUG BOLDOC		5-Aug
22	HAZEL JONES		5-Aug
263	STEVE SIMPSON		5-Aug
382	C. LEROY BENJAMIN		7-Aug
141	CAROLYN WEBSTER		7-Aug
657	ELIZABETH WATSON		7-Aug
26	HENRY VERTOLLI		8-Aug
534	TERESA MAGILL		8-Aug
469	MARK ROBBINS		9-Aug
369	BRUCE MARSHALL		10-Aug
437	CATHY KELLY		10-Aug
424	LEILA WILSON		10-Aug
429	MARLYN CARR		10-Aug
451	MOIRA McKENNA	HN	10-Aug
479	RITA McCLEOD		10-Aug
567	WANG RU XIE		10-Aug
624	ALICE FERRANTE		12-Aug
305	GRACE TANFARA		12-Aug
71	RUTH EHRKE		12-Aug
589	THERESA TIERNEY		12-Aug
383	YIU CHEUNG		13-Aug

No.	NAME	HN	BIRTHDAY
299	HEATHER MASON BALL		14-Aug
34	ED GRAVES		16-Aug
157	JOHN CLARK		17-Aug
397	KEVIN SUITOR		17-Aug
513	STEPHANIE DAVIS		18-Aug
196	BILL BROWN	HN	19-Aug
155	CORRIE MEULENSTEEN	HN	19-Aug
433	SUSIE NAVARRO		19-Aug
467	BARB MAHONEY		20-Aug
667	JUANITA CARNELL		20-Aug
403	MARILYN CRESSWELL		20-Aug
200	BONNIE DAVIES		21-Aug
126	GAIL DOWBER		22-Aug
35	PAMELA JOSLIN		22-Aug
258	EILEEN AHEARN		23-Aug
517	ELAINE HODGINS		23-Aug
659	PATRICIA SMITH		23-Aug
274	MIKE LEPAGE		25-Aug
307	JUDY MATSUGU		26-Aug
409	DALE PENROSE		27-Aug
482	KAREN BEATTY		28-Aug
542	KEZHONG DING		28-Aug
514	CARMEN WHITTAKER		29-Aug
296	LORRAINE MOORE		29-Aug
431	ANDREW KAPULAR		30-Aug
329	DOREEN BOYLE		30-Aug
280	MARTIN AIREY		30-Aug
353	NANCY BAXTER		30-Aug

