

AJAX SENIORS' CLUB

St. Andrew's Friendship Centre

46 Exeter Rd., Ajax, L1S 2J8 905.686.1573

Pickering Village Centre

29 Linton Ave, Ajax, L1T 3A7 905.683.8460

Issue 113

Editor Doug Bolduc (905) 391-2010

Newsletter for October 2024

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- Happy October to everyone. Bring out your pumpkins, scarecrows and all Fall festival items that you enjoy. It may be getting colder but boy is it ever colourful!!
 - We are now accepting (actually looking for) applications for positions on the 2025 Board of Directors. Not all 2024 members are returning (including me) and we need replacements. If you have past experience in organizations or even if you're willing to get involved, we could use your help.
 - God bless you Coordinators. Several of you are looking after more than one activity. Without you, there would be no activities. We have had to suspend the Tuesday Morning Social Club and the Saturday euchre activity as nobody has stepped forward.

MARK YOUR CALENDAR

- * Mon. Oct 14^h Thanksgiving
- * Thurs. Oct 31st Halloween
- * Sun Nov. 3rd Time Change – fall back one hour.

CLUB INFO

BECOME A BOARD MEMBER

- Please take the time to volunteer to help support the club. There are 10 positions which have to be filled to operate the club for the 2025 year.
- Positions to be filled are: President, Vice-President, Secretary, Treasurer, Event Director, Activities Manager St Andrews Centre, Activities Manager Pickering Village Centre, two Directors w/o Portfolio and Newsletter Editor.
- Application forms are available on the two centres bulletin boards.
- We need members to step up to help run the Ajax Seniors Club. The club is a nonprofit club which is operated with/by volunteers.
- If we do not get members volunteering to operate/run the club, then what do you think the future of the club will be?

- Regarding Coordinators, we need some of you to step up. We lost the Tuesday Social Group last year because nobody would step forward to coordinate it and we've just suspended the Saturday Evening Euchre games for the same reason. It is not a difficult job to do. It just needs you to step outside of your comfort zone and be available.
- The Seniors Sit/Stand Exercise Class is open to new participants this Fall season. There will be two classes per week Tuesday's at 1.45pm and Friday's at 1.30pm. The classes take place in the Main Hall of the St Andrew's Friendship Centre and are led by excellent professional Fitness Instructors in a safe, comfortable, non-judgemental and inclusive atmosphere. So put on your running shoes and come out for some invigorating movement to keep your body tuned up and your heart pumping.
- We have created a website for the Ajax Seniors' Club

MESSAGE FROM YOUR PRESIDENTS

- First, I want to thank whomever gave us a new table tennis table for the club! We do need it. We have three at the moment and we do have people that want to play Monday, Tuesday and Thursday. Having four is great so everyone can get to play each time they come out. We have placed the old one in the solarium with a sign free to a good home. If you know of anyone that would like it, please tell them.
- Your club does buy new equipment for all activities as required; the cost of equipment is going up all the time. We just bought new euchre cards for over \$300.
- The new carpets for carpet bowling are on the way and they are very expensive but again this activity has been on the books for quite a few years. We also have started a new activity at the village - floor curl on a Thursday afternoon. It has room for more players so drop by and check it out, you may like it.
- One other item that I need to discuss is the drop-in fee of \$1.00 plus the share the wealth tickets. The drop-in fee is for most activities and is mandatory. Share the wealth is optional. Some people buy more than 1 ticket, some don't buy any at all. It is purely up to each individual.
- We are aware there are more homeless people using the grounds to sleep or even sit in the doorways of the building. All the custodians are aware and when needed they do call the police to help move them along. If you encounter someone, don't get into a debate with them. Ask the custodian to please get involved. If no custodian, just walk away and go into the centre.
- Fall is upon us so please dress accordingly. The temperature is set so most people find it comfortable. A sweater or jacket can be removed if too warm.
- There will be signs posted to remind everyone we are at that time of year to open the nominations to all members that would like to run for a position on the board. Please read the job descriptions for each position (also on the board in each centre). If interested please fill in the form with a small bio as Rocco and John will be collecting them to be processed.
- I hope everyone is enjoying the weather. A little rain is ok, sun is also O.K

Thanks for now.

FRASER GRANT (289) 200-4800

- Although Ajax Seniors are not having a Bazaar, we still have jewelry and knitted/crocheted items for sale at both centres! Be sure to check them out!
- We will continue with Holiday lunches and Lunch and Learn. For upcoming information check out the Events board at St. Andrew's and the whiteboard at the Village.
- Come out and try Mexican Train Wednesday nights at 7:00 taking place at the Village.

Jan Herbert (905) 903-3537

INFORMATION FROM THE TOWN OF AJAX

All the details (registration links and program descriptions) for upcoming events are available under <http://ajax.ca/55plus> on the internet or contact.

Moninder Nahar-Arjun,

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

AJAX LIBRARY PROGRAMS

Knitting and Crochet for Community – Wed Oct 2 | 1:00PM – 3:00PM (Audley Branch) (Drop-In)

The Library is pleased to welcome Knitting and Crochet for Community, a group formed to connect charity knitters and crocheters, yarn, and tools with volunteers who make items with love for those who may need them (such as seniors or low-income, ill, or homeless children and adults). The group meets on the first Wednesday of every month. New members welcome.

Living a Healthy Life with Chronic Pain – Starts Tues Oct 15 | 1:30PM-4:00PM (Zoom)

Discover how to better cope with pain symptoms and daily activities as a person with chronic pain in this six-week virtual workshop series. All participants will receive the "Living a Healthy Life with Chronic Pain" resource book and "Moving Easy Program" CD. Caregivers are welcome to register. We suggest that participants attend all six sessions of the workshop, where possible. To register, visit <https://www.ceselfmanagement.ca/workshop?id=10080>

Wills and Estates Planning – Tues Oct 22 | 1:00PM-2:30PM (Main Branch)

Learn why you need a will and how to create one the right way with lawyer Pavel Malysheuski. Topics covered include will and estate planning for business owners, blended families, persons with disabilities, recreational properties, and more. Learn how to plan your estate in the most tax-efficient and stress-free way! To register, visit: <https://ajaxlibrary.ca/node/2696>

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

Julia Campbell (she/her) Adult Services Librarian

E: julia.campbell@ajaxlibrary.ca | **P:** 905-683-4000 ext. 8809

Birthdays for the Month of October

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
367	GINO RUFFO		1-Oct
441	ANGELA HOBSON		2-Oct
237	DOUG DARNLEY		2-Oct
2	JAN HERBERT		2-Oct
326	BRUCE SMITH		3-Oct
488	TRACY HUTTON		3-Oct
46	WENDY BOLDOC		3-Oct
399	BARBARA VITELLI		4-Oct
632	CAROLE BAIRD		5-Oct
649	HELEN KWAN		5-Oct
38	JO-ANN SIGINDERE		5-Oct
42	LISSEH KING-PAYNE		5-Oct
199	CARA BOOTH		6-Oct
92	JAMES MCKINNON		7-Oct
306	JANE COCHRANE		7-Oct
198	KAT CHISOLM		7-Oct
660	TERRY WINTER		7-Oct
50	FRED CHARD		8-Oct
24	ANNA KRIETE		10-Oct
302	CAROL DUNBAR		10-Oct
55	CHRIS BROWN		10-Oct
362	JEANNETTE FRIZELLE		10-Oct
191	ANNA GELDERT		11-Oct
194	ELDA CARON	HN	11-Oct
225	SHARON CRAIK		11-Oct
762	BERT MOLINE		12-Oct
188	BONNIE JOHNSON-BURRELL		12-Oct
195	LORI MITCHELL		12-Oct
427	WENDY CHOI		12-Oct
317	PATRICIA ANGUS		13-Oct
636	TERRI-LYNN BOHNERT		13-Oct
422	ELSBETH O'TOOLE		14-Oct
689	JENNIFER CAMPBELL		14-Oct
734	JOE GOLDSMITH		14-Oct
4	ABBY NOLAN		17-Oct
576	DEBORAH CHURCHILL		17-Oct

<u>No.</u>	<u>NAME</u>	<u>HN</u>	<u>BIRTHDAY</u>
301	DONNA RAZEY		17-Oct
108	MARJORIE PATERSON		17-Oct
304	SUE REANEY		17-Oct
407	WILLIAM McARTHUR		17-Oct
394	BETH MARIGLIA		19-Oct
100	PAULA DICKIE		19-Oct
74	ANGELA BURKE		20-Oct
298	GILLIAN GRIFFITHS		20-Oct
64	KAREN MOLINE		20-Oct
252	ROSANNE GREEN		20-Oct
142	GAIL AZIZ		21-Oct
324	DAVE ALDRIDGE		22-Oct
186	DONNA-FAY ROACH		22-Oct
640	GEORGE KWAN		22-Oct
205	SUSAN LAHODA		22-Oct
694	AJITKUMAR MAJMUDAR		23-Oct
700	BHARATIBEN PANDYA		23-Oct
181	LISA PEREGO		23-Oct
140	MARG TOWNSHEND	HN	23-Oct
446	SHIRLEY TURNER		23-Oct
11	FRED RAZO		24-Oct
10	MARIA RAZO		24-Oct
56	AZAM HOSEIN		25-Oct
221	CHRIS BOLDOC		25-Oct
661	JANET-LEE MARTELL		25-Oct
96	VI WHEELER	HN	25-Oct
316	JENNIFER YOUNG		26-Oct
618	LINDA LOMAS		27-Oct
754	LYNDA PHILIPS		28-Oct
416	JANE WHITE		29-Oct
97	TERI MCCOMB	HN	29-Oct
173	DON McALLISTER		30-Oct
332	IRENE CAMPBELL		31-Oct
543	JI WEN GIAO		31-Oct
192	TOM GELDERT		31-Oct

DID YOU KNOW?

More people live in New York City than in 40 of the 50 states.

There is enough water in Lake Superior to cover North and South America in one foot of liquid.

There's a town in Washington with treetop bridges specifically to help squirrels cross the street