



# Hamilton - Wentworth Happenings!

## March ~ April 2022

### Greetings from Linda's Lair!



To quote Jimmy Cliff, "I can see clearly now .... I can see all obstacles in my way ... It's gonna be a bright ... bright... sunshiny day!"

Well, we can hope and dream! Hopefully we can all soon escape from our lairs to enjoy the company of others!

Our Executive is working on some plans to add adventure to our lives. Although we are not able to host our Fun & Games & Delectable Desserts event, we are going to try a **Zoom Bingo** activity for the first 30 members who sign up.

Don't forget to sign up by March 5<sup>th</sup>, for a Zoom **"Evening with Lawrence Hill"**, a Hamiltonian and famous Canadian author. We have invited RWTO/OERO members from across the province to join us, so enrol early to be one of the 100 participants on Monday March 7<sup>th</sup>, at 7pm. Thanks to **Hope Leon** for arranging this for us.

**An In-Person Event!!! Yeah!!!** We have moved our **Friendship Luncheon to Wednesday April 27<sup>th</sup>!!!** If you are planning to join us, please **sign up by Friday March 25<sup>th</sup>**, as we need a minimum of 100 participants to make the event possible, and must let Michelangelo's aware of our final decision a month in advance.

On behalf of Hamilton-Wentworth Branch, the Executive has decided to donate **\$2000 to the Hamilton Food Share Program**, as we did once before, in the fall of 2020. This represents about \$8 per RW member. Hamilton Food Share provides fresh, frozen and non-perishable food to 23 Food Banks and Nutrition Programs in the Hamilton to Niagara area. For every dollar we donate, they are able to purchase \$5 worth of food, so our donation is valued at \$10,000. In their last fiscal year, 261,223 visits were logged in at area food banks.

Our **Executive team** is impressive! Everyone plans to return next year! Two members are changing places ... **Karen Melvin** will step into the Outreach Convenor position, and **Lynn Gillie** will take over her Member-at-large placement after having served 5 amazing years as our Outreach Convenor. **Lesley Devries** was a Member-at-large and is moving to the Insurance position. We continue to look for a newsletter editorial team, and a two Vice Presidents! Please check out the information enclosed.

Thank you! Thank you! Thank you! **Mardie Panabaker** and **Karen Kasik** prepared most of this newsletter!

Take good care of you!! **Linda Sargeant** 905-575-3831  
[rwto.linda@gmail.com](mailto:rwto.linda@gmail.com)

<https://rwto.org/branch/hamilton-wentworth/>



We sent out 28 Canada Post Valentines to those without email addresses, and the rest of the membership received theirs by email. I often open 20-30 emails a day, so to have 73 lovely replies was stunning! Members enjoyed the card-making theme, the calorie free chocolates, and reminisced about school Valentine parties! Hats off to the former Kindergarten teachers who enjoyed two Valentine parties in a day! Linda

## *Executive Positions! Members-at-Large*

It is extremely important that we have members interested in joining the Executive who might even one day consider becoming a Convenor, or moving through the "Presidential Chairs". Often, becoming a Member-at-Large is the first step ... learning what being part of the Executive is like ... planning and helping out at events, and being part of the decision making team. We encourage our **newer members** to try out these roles – it can become a passion! Please contact Linda Sargeant if you would like to learn more about becoming a Member-at-Large!

## Friendship Luncheon – An In-Person Event!

The Executive is delighted to invite you to our Friendship Luncheon on its new date, Wednesday April 27<sup>th</sup>!  
(Please book your ticket before March 25<sup>th</sup>!)

Some info to help you make your decision ...

- attendees must be double vaccinated
- masks must be worn while not at your tables (to respect the fact that we are a vulnerable population)
- if singing, please put on your mask (it's not that we don't like your voice 😊) - can you get up & dance? For sure!!!
- **Why has the price of the luncheon gone up?** Sal from Michelangelo's sent this explanation ... "All of our supplier costs have risen dramatically due to COVID, ie. food product, utilities, cleaning, linens, etc. As well, the minimum wage rose to \$15.00 per hour as of January 1<sup>st</sup>, 2022 adding additional costs to our operation."
- **What does our luncheon cost?** Michelangelo's is charging us \$48 per person, including the meal, facility, taxes and gratuity, The Executive voted to subsidize the rate by \$3 per person, making the fee for those attending **\$45** per person.

- **Why such an early booking date?** We need 100 members to book the luncheon, and we must give Michelangelo's one month's notice of cancellation if we are unable to reach our goal of 100 participants. If the event is cancelled, everyone will be notified, and cheques will be shredded.

- **When booking your ticket ... please ask your friends first if they are attending before telling Maureen that you want to sit with them. It causes some confusion about whether or not they have decided to attend. Payment must be made to book your place!**

- This is an 'open' event, where you are welcome to invite your non-member retired women teacher friends to come with you!

Join in the fun!

... & wear your **spring** attire!

**Wednesday April 27th, 2022**  
11:00 - 2:30

**Michelangelo's Banquet Centre**  
1555 Upper Ottawa (near Rymal)

**"Musical Stylings of BRAD BOLAND"**

He was our 'Elvis' in 2018 ...  
This year, sing and dance to the

**SONGS OF YESTERDAY!**

Roast Beef Dinner  
(or vegetarian option)  
Dietary concerns are accommodated

**CELEBRATE SPRING!**

**Tickets & Table Reservations:**

Please reserve your tickets & tables by **Friday March 25th!**

**Cheques payable to: RWTO Hamilton-Wentworth**

Let Maureen know your dietary concerns!

**\$45**

Subsidized \$3  
by the Branch

Maureen Richardson  
62 Randolf Crt.  
Hamilton, ON L8W 2Z8  
moe\_richardson@hotmail.com  
905.575.3939



*Hamilton-Wentworth*

Share the Wealth tickets &  
Table Envelopes for the  
**Bob Kemp Hospice Children's Program**

Note: There will not be a  
silent auction this year.

All Retired Women Teachers  
are invited ... **bring a  
non-member friend!**

Please ask your friends if they are attending before booking your table!



Painted by Hazel Faris  
(1919-2020)  
when she was 96.

Ticket refunds are  
available until  
March 25th.

**Friendship  
Luncheon**

Sadly, our Fun & Games & Delectable Desserts venue is not an option for this year. Sooooooooooooo .....

**Let's ..... Play .....**

**ZOOM BINGO!!!!**

**Wed. March 9<sup>th</sup>  
1:30-2:30pm**

Open to the first **30 members**  
to register with Maureen!

[moe\\_richardson@hotmail.com](mailto:moe_richardson@hotmail.com)

905.575.3939

**Prizes!**

**Instructions will be sent to those  
who register by **Sunday March 6<sup>th</sup>**.**

## **President Positions Available for '22-'23!**

Our membership greatly appreciates the volunteer efforts of our Hamilton-Wentworth Branch Executive! In speaking with several of our members, we have found that many believe the time to volunteer for the Executive is in the **earlier years of your retirement** ...when stamina is a bit stronger, and the brain still supposedly functions well! Sooo ... are you young or young at heart? Ready for a fun challenge?

### **What is involved you ask?**

- choosing a duty that is 'calling your name'
- assisting with events when you are available
- attending 5 Executive meetings annually when available
- Convenor positions are a 3 year term, realizing that you may step down sooner, if the need arises
- have an email account for communication purposes

**It is an option to share your position with a friend!**  
**At our Christmas luncheon, the membership voted to return the following positions to one year in each post instead of 2**

**1<sup>st</sup> Vice President** – this position has a 3 year term ... in the roles of 1<sup>st</sup> Vice President, President, and Past President

**2<sup>nd</sup> Vice President** – this position has a 4 year term ... in the roles of 2<sup>nd</sup> Vice President, 1<sup>st</sup> Vice President, President, and Past President

Contact or Linda Sargeant [rwto.linda@gmail.com](mailto:rwto.linda@gmail.com) or Lynn Anderton [rwto.lynn@gmail.com](mailto:rwto.lynn@gmail.com) for more information, or check out the Branch Constitution and Policies documents on our website. <https://rwto.org/branch/hamilton-wentworth/>



Hamilton-Wentworth

# In Memoriam



~ **Rose Mielko** ~

1944 - Jan. 12, 2022

A dedicated educator with the Catholic Board for over 30 years, Rose greatly enjoyed our events and the Bowling Interest Group.



## Zoom – Cooking with Rabi

RWTO **Haldimand** Branch is inviting Hamilton members to take part in their Zoom cooking class.

### Rabi's Chicken Samosas & Date Chutney

Friday March 25, 2022 4:00-5:00 pm

Lesson Cost ~ \$25

Register by March 17th

Presented by Rabi from Rabi's Grand Kitchen in Caledonia  
"Let's have some fun, listening to music, learning together, creating together, and surprise our family and friends.  
And in the end, we get to enjoy our food."

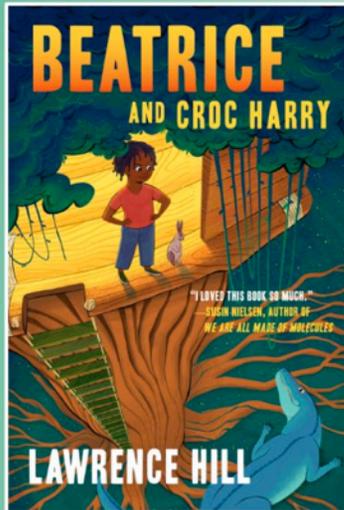
Please e-transfer \$25 to [rabiyaht@yahoo.com](mailto:rabiyaht@yahoo.com), by March 17<sup>th</sup>. Please make sure to include your email address with the e-transfer, so you can be sent the recipe, ingredient list, and zoom link ahead of our class.



Open To All Members of RWTO/OERO: *Please join us for a "Meet the Author" Evening!*



*Hamilton-Wentworth*



## *Lawrence Hill*

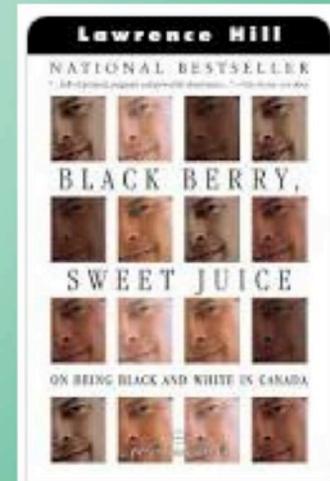
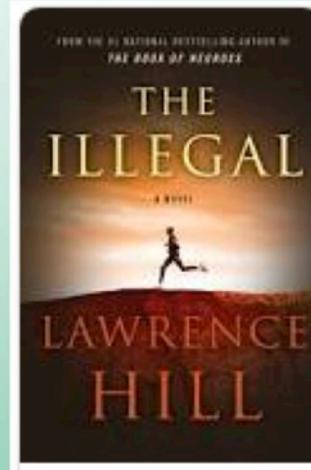
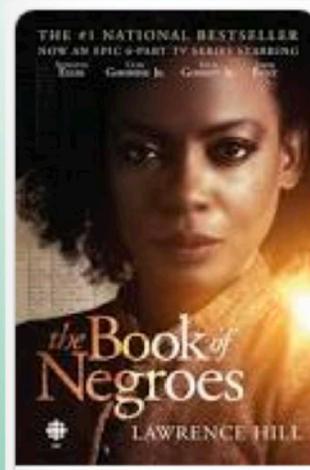
Meet the esteemed author, Lawrence Hill, who would like to share a "give & take" session about his newest book, "Beatrice and Croc Harry". Written for for 9-14 year olds, this chapter book also draws in the 'young at heart'. See the attachment for more information.



- \* **Date:** *Monday March 7th*
- \* **Time:** *7 - 8+ pm - on Zoom*
- \* **Register** with *Maureen Richardson* by *March 5th* - limit of 100 (Zoom links will be emailed on March 6th)

[moe\\_richardson@hotmail.com](mailto:moe_richardson@hotmail.com)

905-575-3939



## How to improve your Computer's Security

### WHAT TO WATCH FOR

#### **Suspicious emails or text messages!**

Do not open an email, text message, PDF, attachment or link from a person you don't know or a site you haven't visited before. Curiosity killed the cat.

#### **Emails or text messages that seem to come from people you know !**

If it is asking you to do something unexpected, confirm its legitimacy by checking the sender's email address carefully. One wrong letter changes the email's recipient.

**Messages designed to make you panic by** claiming your account has been compromised or that your account will be closed. Is it asking you to do something reasonable?

**Check Website and email addresses that do not look legitimate** by holding your cursor over the email address for clues as to its source. Has a company name been included to fool you?

**Pay attention when looking at links and URLs** by holding your cursor over the link address to see what address comes up. When browsing, look at the browser address bar and see what website you are really on. It could be fooling you!



## Hamilton -Wentworth Happenings!

### We need a Branch Newsletter Editor(s)

#### Could this be you?

- Are you Interested in working on the branch newsletters but are not sure if you know what to do?

#### **Worry no more!**

- Branch Members Karen and Mardie are committing to mentor you for the first year and will provide concrete help and answer any of your questions.
- Newsletter content will be emailed to you by the Executive, the Interest Groups Leaders and individual members.
- You then will set up the pages, and add photos and images.

#### **Call in the mentors!**

- This can be a shared position:  
(e.g., one member to edit and one to collate the content)
- This is great way to contribute to our branch and to know what is happening in the branch! And you have two mentors who are able to help you grow into this adventure.
- Attendance at the Branch Executive Meetings is **optional**.

Please contact Linda at [rwto.linda@gmail.com](mailto:rwto.linda@gmail.com),  
if this could be YOU

or if you have questions about it.





## SPRING

Jennette Lukasik

A burlesque dancer, a tease  
Coyly allowing a winter-weary audience  
A passing glimpse.  
Cloudless blue skies  
Warm face-caressing breezes  
Gentle life-affirming showers  
Glorious coral dawns  
Windows open to a symphony of bird songs  
All withdrawn at the point of greatest pleasure  
The anticipation of more to come.  
Abruptly replaced  
Dark ominous clouds  
Biting harsh winds  
Unrelenting driving rain  
Grey dawn-obscuring fog  
Discordant caw of crows heard through shuttered  
windows.

## SPRING

The enchantress, the seducer, ever the tease  
Leaves her audience craving more.



**Sunday, March 13, 2022**  
**Daylight Savings Time Starts**  
**Turn your clocks one hour**  
**FORWARD**  
**Before going to bed on Saturday.**

## Membership Survey

Speaking of time, have you replied to your RWTO/OERO survey about expanding our membership base to include non-teacher education workers? Your email arrived from LeAnne Taylor [rwtosurveys@gmail.com](mailto:rwtosurveys@gmail.com) on January 28<sup>th</sup>.

Your replies are due by **March 15<sup>th</sup>**

If you need the email resent, please contact Linda at [rwto.linda@gmail.com](mailto:rwto.linda@gmail.com) Those not using email received their survey by Canada Post.

We are very proud that this is our "8th" year of our Special Outreach initiative, where we have helped so many people in the past, and this year we are happy to do the same. Once again, a COVID year has continued to bring about many difficult changes, and much need in our community.

## H-W's "8th Annual Special Outreach Project



We received "three" Special Outreach applications from members this year, which our Committee reviewed. We all felt that due to COVID and the extreme need of each of these, each submission would greatly benefit from receiving the \$500 donation.

The first recipient, nominated by member **Mary McCracken**, is a Syrian family of four on a very limited income. At one point, the 17 year old son was walking 4.5 km. to and from school, to save on bus fare so they could buy food at the end of the month.

The parents are attending ESL classes to improve English, so they can apply for a job. Monthly bus passes are needed. The funds will assist them greatly for food purchases and their heating and transportation needs.

The second recipient, an Indigenous family, was nominated by member **Theresa Randles**. The Mother passed away in September 2021, and the "18" year old daughter is now the main caregiver of her four younger sisters, ranging in ages from "14 months" to "12 years", with two of the sisters having severe health issues. The 18- year- old drives the girls to medical appointments, prepares meals, and then goes to work. She wants to continue her business studies at Mohawk College in order to gain a career and improve her life, and those of her sisters. The funds will help with education costs.

The third recipient, a Palestinian woman, was nominated by member **Judy Moore**. Having come to Canada to study at McMaster, she has made significant contributions to life in Hamilton. For many years she has helped the homeless by collecting warm clothing for them, and distributing sleeping bags to tent city people and gently used clothing to women and children in shelters. She has worked tirelessly on behalf of Palestinian rights. Due to serious illness, she has been unable to work and is ineligible for government support. This helper has become the person needing help, and finds being financially unstable and having to rely on others is difficult. She is deeply appreciative that she has been chosen as an RWTO Special Outreach recipient.

The Branch Executive approved our Committee's decision and moved to give each of the three submissions a donation of \$500, during this second year of COVID. This has been done and we have received replies of thanks from the families who are very grateful for the generosity of the RWTO/OERO.

Many thanks to Committee members, Linda, Lynn, Gwen, and Anna for your assistance.

In "Caring & Sharing",  
Hope Leon, Special Outreach Chair

## Interests Group Activities – we know how to have fun!



**“First Cup @ Second Cup”** members will be meeting on ZOOM for the next few months. This is a fun opportunity to socialize, share ideas, and make new friends. Please mark these dates and times on your calendar. Looking forward to seeing you then!

\*Friday March 25, 2022 @ 9:30am.

\*Friday April 29, 2022 @ 9:30am.

If you'd like to be on our mailing list, and receive your zoom link, please email me.

Cheers! Hope Leon [hleon@bserv.com](mailto:hleon@bserv.com)

**Book Club # 1** met via Zoom on Tuesday, February 8, with 10 of 12 members participating in discussions about The Paris Architect by Charles Belfoure. Interestingly, we all enjoyed the book which doesn't happen too often. It was a good story with relatable characters and historical relevance. Set during the Paris Occupation of WWII, the architectural references provided a unique look into where Jewish citizens may have been hidden during the round-ups.



## BOOK CLUB #3



Anna



Carol



Bonnie



Peppy

Last November, Book Club #3 had their first indoor gathering hosted by Ann Ivot to discuss her book choice **Black Water, Family Legacy and Blood Memory**, by David A. Robertson, an Indigenous author and public speaker from Winnipeg, Manitoba.

We welcomed our newest member Nadia Palchuk who had recently retired and was eager to participate in our stimulating discussion as well as meet others in the group. She had met a few of us at the Cider House and then again some at our last in- person event - Celebration at the Station in December. Welcome Nadia!!

At Ann's, we were wined and dined with a tasty spread prepared not only by Ann, but also by her husband Roger, who made an excellent bruschetta from scratch! We were all masked and sat at the appropriate distance. Everyone was extremely happy to experience this new 'normal'. Then Covid numbers increased! Rules changed!

Since then, we have had some bi-monthly Zoom socials, "seeing" each other and just catching up on each other's news. We await and look forward to our next get-together on March 2, be it on Zoom or possibly in person, depending on our Covid numbers and our comfort levels. Meanwhile we are reading **The Rose Code**, by Kate Quinn and preparing for another great discussion!



Nadia



Ann



Theresa

## BUMPER BOWLING



Wouldn't you know it? Just when we get our bowling arms limbered up and we're ready to go back after 2 years (we last bowled on Feb.20, 2020), the weather spoils our plans. With rain, flash freezing, ice pellets and snow coming our way we decided to play it safe, stay home and try again in March. Right now we are planning on

**Friday March 18 at 11:00 am.**

The 3rd Friday in April is Good Friday, so we will probably move our day to the 22<sup>nd</sup>, in April and I will confirm that.

We meet at **Mountain Lanes at 335 Upper Wentworth St. Hamilton**. The cost of 2 games of 5 pin bowling and shoe rental is \$10 which is paid there when we sign up. There is parking on both sides of Upper Wentworth, except during a snow event and there is also a pay lot in the next block. Here's hoping that by that time we will be seeing signs of spring. No skill or experience necessary. We are a fun group and yes, we do use the kiddie bumpers. No gutter balls for us!

We are always looking for new bowlers, so if you are interested please contact Gwen Kirkpatrick at [kirkpa@cogeco.ca](mailto:kirkpa@cogeco.ca) or 905-689-8975.



The scrapbooking group has continued to meet during Covid via Zoom. In November we were able to meet in person and truly hope we can do that again very soon. Our group meets the 3rd Tuesday of the month at 10am. Contact: Liz verrall@sympatico.ca



*A Scrapbooking Replication of a Card Making Event  
By Pinky Moro*

After months of crafting on Zoom, we were finally able to meet outside. The joy of creating with good friends was immense. Nancy Smith, Mardie Panabaker and I met on Liz Verrall's deck where we visited over coffee and muffins before starting to make greeting cards. It was a perfect way to spend a warm summer morning.

For more information about card making contact  
[mardiepan@gmail.com](mailto:mardiepan@gmail.com)  
905-527-6075



**Scrapbooking Group**



Though small in number, and not yet meeting in person, the Knitting & Crocheting Group continues to create cosy blankets for Hamiltonians in need. Some members knit and some crochet the 8x8 " squares, some assemble, some edge and then deliver the finished product, which requires 20 squares. One of our long time knitters is Hazel Broker, who turned 100 last November. Hazel is regularly adding her squares to the group.



Gwen Kirkpatrick reports that there are 12 blankets ready to be delivered to "The Good Shepherd". On a poignant note, 3 coverlets, that have already been delivered, were knitted by Diana O'Donnell who recently "went home" and our blankets are now requested by the hospice where Diana received end of life care.

Baby blankets are also being created and the last set of baby blankets went to Grace Haven as part of our Baby Snuggle Project. It involves donating, to new moms, a baby blanket, along with a board book and a brochure about the importance of reading with young children. The young moms are working hard to complete their high school education, and Grace Haven provides care for their children while their moms are in class.

## How can you contribute to this endeavor?



*Can you knit or crochet? Each square is 8 x 8 inches of simple garter stitch.*

*Can you sew a slip stitch to put squares together?*



*Have you any acrylic yarn to donate?*

*Come and join Hazel's efforts*



If you answer "yes" to any of these questions, please contact Dalia by email at [ladybggg@gmail.com](mailto:ladybggg@gmail.com) or Gwen by phone at 905-689-8975



Baby blankets for Grace Haven.

## Valentine's Day Movie Zoom - 'The Bookshop' - How timely, as we loved it!



Our March film choice is "Sophie and the Rising Sun" from the free library site.

## ZOOM MOVIE GROUP

This group of movie mates has been meeting throughout our Covid "adventure". Each month, we watch a free movie pick in our own homes and then gather via Zoom to take it apart. Our last discussion examined "*The Oxford Murders*". This who-dunit had some interesting twists and turns which kept us engrossed. However, we wanted to re-cast the part played by a young looking Elijah Wood to lessen the cougar look.

On Valentine's Day, we loved "*The Bookshop*" and our March film choice is "*Sophie and the Rising Sun*" from the free library site 'Kanopy'.  
Contact Mardie at [mardiepan@gmail.com](mailto:mardiepan@gmail.com)



## Movement to Music

We all had so much fun dancing in the park last year that I plan on running the group again. It was, and will be a great opportunity to meet and greet with members. However, the most important aspect of Movement to Music is the great benefit of learning something new, while moving. Dancing is one of the greatest activities for aging brains and bodies.

As we learned last year, planning a regular schedule was, and will continue to be, challenging since the activity is dependent on weather and other scheduling issues. However, the location will not change. We will gather in the Cove of the Dundas Driving Park. Initially we will try for Wednesday mornings. I will send out reminders as the weather gets better. If you are interested, as a new or returning "mover", please let me know and you will be added to my dance list.

Angela Sirrs - email [angelainpink@hotmail.com](mailto:angelainpink@hotmail.com)

Phone, (call Home 1st) 905 628 0231- on Dance day, call Cell - 289 887 2588



**Art Appreciation** - The **Beyond Van Gogh** immersive art exhibit is in town at the Hamilton Convention Centre. This is an amazing exhibit, and only here **until April 2nd**. Tickets are timed and must be ordered ahead. Senior tickets are \$34.99 each on Mon. to Thurs. and \$44.99 on Friday thru Sunday. Including the \$6 booking service fee. Book it while you can. It is phenomenal! We are not going as a group but encourage members to plan to go. <https://www.vangoghhamilton.com>  
If you would like to be included in our Art Appreciation email list, contact Lynn Anderton via [rwto.lynn@gmail.com](mailto:rwto.lynn@gmail.com)



★ ★ Of Community Interest - two major appeals ★ ★

### EMERGENCY APPEAL

Help send urgent aid to Ukraine.

[DONATE NOW](#)

The Canadian government will **match** \$ for \$ any donations made through the Red Cross to help the people of Ukraine.  
<https://www.redcross.ca> **1-800-418-1111**

## 30<sup>th</sup> ANNUAL 2022 ANCASTER COMMUNITY FOOD DRIVE VIRTUAL CAMPAIGN

Due to the Omicron Variant, the 2022 Ancaster Community Food Drive will again move to a **virtual and online format**.

Our Campaign will focus on promotion by way of various media platforms culminating through to Saturday March 5, 2022.

*Online donations can be made on our website:*

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

Supporting Hamilton Area Emergency Food Bank and Community Service Agencies



Thanking the community of Ancaster for the cumulative total of 1,876,500 lbs. of donated food.  
[ancastercommunityfooddrive@gmail.com](mailto:ancastercommunityfooddrive@gmail.com)

## Lady Hamilton Club

*Promoting the City of Hamilton since 1971*



We invite you to tour our 9 Hamilton Museums. Lots to learn!

<https://hamiltoncivicmuseums.ca>

This site also has a timeline of events in Hamilton over the last 175 years.

- \*Hamilton Scourge National Historic Site
- \*Hamilton Children's Museum
- \*Fieldcote Memorial Park and Museum
- \*Hamilton Museum of Steam & Tech
- \*Battlefield House Museum and Park
- \*Griffin House
- \*Hamilton Military Museum
- \*Dundurn Castle
- \*Whitehern

### "Dive Detectives" Virtual Tour!

Video Dive with Mike and Warren Fletcher as they explore The Hamilton and The Scourge,

<https://www.hamilton.ca/attractions/hamilton-civic-museums/hamilton-scourge-national-historic-site>

During a storm in 1813, the ships capsized in Lake Ontario. Today, they are the only complete 1812 warships in the world and they rest under 90 m00 feet of water. The Fletchers, have filmed their investigation of the ships. Come and online dive with them.

# SOCKS CANADA

Relief Organization  
Charity based in Hamilton Ontario

## Support Orphaned Children Kenyan Schools

Do you purchase cubic yard bags of soil or mulch for your gardening needs that are delivered by truck?

If so, and happen to use the company BigYellowBag run by Green Horizons (Hamilton Sod Farm), please be aware that they sponsor SOCKS CANADA with each bag purchased.

If you use the code **SOCKS22** when placing your phone or email order, you will receive an additional savings of \$5 per bag, and they will also donate \$10 to SOCKS CANADA for each bag purchased. This is in addition to any other sales they might have in place, especially orders placed in March.

Happy Gardening!

<https://bigyellowbag.com>

905-389-1315

## Senior Living ...

- Ahhh the modern days ... I just saw a little old lady help a teenager cross the street because he couldn't stop staring at his phone!
- A woman got her doctor's permission to join an exercise class to get back in shape. She signed up for an aerobics class, and spent an hour bending, twisting, gyrating, and jumping up and down, but by the time she got her leotard on, the class was over!
- You know you're getting older when you have a party and the neighbours don't realize it.
- She said if her body were a car, she would trade it in. Every time she coughs, sputters or sneezes, her radiator fluid leaks and her exhaust backfires!
- When you're 20 and you drop something, you pick it up. When you're 90 and you drop something, you question whether or not you need it anymore.

# Keeping Active - Something for Everyone



**Sherisse Bhimani**

Program Coordinator

**SILVER SERVICES**

*We bring the heart to your home*

Call 1-844-522-3344 or email [silverservices@thehomesociety.org](mailto:silverservices@thehomesociety.org) and we will send you an online form to fill out.

33-5155 Spectrum Way

Mississauga, ON L4W 5A1

<https://silverservices.ca/>

Silver Services is a division of a registered Canadian charity [Home Society](#) that has been helping seniors since 1959.

Due to the Covid-19 pandemic, we ramped up our online programming to help relieve some of the isolation and immobility older adults are facing. Our live **and interactive exercise classes run six days a week** and are at varying levels of fitness (from chair exercises to dance classes), something for everyone. They are all taught by certified, knowledgeable instructors who have a wealth of experience teaching fitness to older adults.

Our online programming also offers live and interactive fun, creative classes such as **painting, baking, flower arranging, bingo, trivia games**, as well as a **weekly computer** Q&A with our in-house expert, our monthly entertainment series featuring local **artists** from **musicians** to **magicians** and our monthly guest speaker series.

To view programming

**<https://silverservices.ca/services/>**



Note: Several of our members have joined this free resource and are physically active, zooming in aerobics, stretch and strengthen, balance, therabands, yoga, chair yoga, dance fit, etc

A painting group was recently added and here is Anna Iskat's masterpiece from a one-hour painting classes.