

Stratford Branch

I hope everyone had a wonderful holiday season. It's always a shock for those of us "from away" to see so much snow!

In this edition of the newsletter there'll be a recap of the November GM, "Sister Act," and "Services for Seniors" which was put together with input from our members. We're looking for nominations for the Cora Bailey Award. There has been some interesting additions to the RWTO insurance. On a sad note, we lost three of our life members in the past two months.

Best Wishes for a Happy 2017!

General Meeting: Our second general meeting was held on November 23 at St. Stephen's Anglican Church, Stratford. Lynnette (VP) inducted 3 new members: Karen F., Kitty H. and Susan Y. Joan T. (2nd VP) commemorated Treva Rigg, one of our life members who had just passed away. Joyce announced that our branch is financially secure. Before introducing the guest speaker, Marilyn B-I discussed the latest in Internet scams and how important it is to be cautious when online. Financial Advisor Carien Jutting gave an incredibly interesting presentation entitled "Your Last Love Letter." She shared information about constructing last wills and testaments. "No codicils!" became our watchword. The questions flowed fast and furious! Whom amongst us didn't consider the amount of work there will be for our children to dispose of our "collectibles?" Is it time to start clearing out now? Carien left us with a great deal to think about. She collected questions to follow up personally.



Carien Jutting, Jutting Business Centre, talked about "Your Last Love Letter"



Lynnette (VP) welcomes our new members, Susan, Karen and Kitty, while Jennifer (President) looks on



Convenors Chris and Dianne



Issues and Concerns Convenor Marilyn spoke briefly about phone and internet scams and introduced the guest speaker



Barbara L and Margaret M



Terrie and Sylvia



Heather H



Ruth P, Alice W and Sheila D



Marg K, Mary R and Dorothy H



Maria A-P



Joan T playing for the Carol Sing



Doreen and Mary M

The children's choir came to sit with the ladies and joined in a carol sing with Joan at the piano!

The “Twoonie Bring a Book--Take a Book” was a successful fundraiser for the Emily Murphy Centre. Carien donated her honorium and with the money raised from the book sale, EMC received \$200. Also \$162.05 and a variety of personal items were donated. There were lots of 50/50 winners and four lucky ladies went home with door prizes of candles and pointsettias. We appreciated the lovely meal made by the ladies of St. Stephens and enjoyed the timely Christmas music from the Anne Hathaway Grade 1 and Junior Choirs.



Fundraiser Book Sale



Dianne and the Anne Hathaway Children's Choir

DAYTRIPS



Helen, Sheila, Jennifer, Barb S (Cambridge Branch) and Joyce at the Dunfield Theatre



Janice, Jane D and Marg T



Twenty-five members and guests attended “Sister Act” at the Dunfield Theatre in Cambridge on December 13. It was a treat to join up with members of the Cambridge Branch and Mardie Panabaker, the provincial communications convenor.

On December 7, Lynnette, Sheila and Jennifer went to Cambridge to attend the RWTO Insurance meeting held by Dianne Winkler, Area 2 Director. There are new additions to the Insurance Plan.

Karin M (left) exhibited her art work at Factory 163 at the Start the Holidays Art Show and Sale.

SERVICES FOR SENIORS

Fitness Expo Thursday, February 9 at the Kiwanis Center. The evening will begin at 6:30 with a fitness expo where community groups (OneCare, the YMCA etc) and businesses will display the fitness opportunities they provide to the public. People who are looking for others to walk or run with, will have the chance to see what Stratford offers. David Johndrow <<http://www.patheticrunner.com/>> will talk about his journey to health in spite of many challenges including cancer. He is funny and inspiring . Tickets are only \$10 until February 1st, and can be purchased at Runners Wall on Wellington St. Proceeds will go to Optimism Place.



Participants are required to be members of the Stratford Lakeside Active Adults Association. Memberships are \$25/year (if purchased before January 31st), and can be picked up at the Kiwanis Community Centre main office, Monday through Friday, from 8:30am – 12:00pm and 1:00 – 4:30pm.

From Terrie Wilkes: Hazel Hewitt will be offering two bridge classes through the SLAAA Applications will be taken after December 15. If you have questions please call Hazel 519-284-3482.

1. Beginner Bridge: January 10 to February 28 from 12:30 pm to 2:30 pm. This course includes the basics in hand play and bidding. Text \$15 due the first day of class.
2. Bridge Hand Play and Defense: January 10 to February 28 from 10:00 am to 12:00 pm. This course is for those who have taken at least Basics 1 and/or have experience. It includes topics such as making a plan, leading, signalling, finesses, and developing long suits. Hand Play Part 1 January 10-31; Defence Pt. 1 February 7-28.

From Barbara Guest: Tini Pel offers a fitness class at 10 a.m. Wednesday and Friday at SLAAA (Kiwanis Centre) She is an inspiration since she is in her 80s. It is an excellent class. Tini is a former dancer. She really understands body mechanics and makes very sure that we do it correctly for best effect and care of our bodies.

From Wendy McNaughton: Get to 150 - Accelerated Walking Club

Walk fast with friends toward the magic 150 cardio minutes of moderate intensity physical activity per week, as recommended by experts on healthy aging. Set and achieve goals for improvement using interesting walking drills and a fitness circuit to improve your walking speed and stamina. Led by qualified instructors, each person will work at his/her own level, and we'll have a few laughs along the way. Thursdays, January 12 – March 9, 2017 (9 week session) 1:30pm – 2:30pm, Stratford Burnside Agriplex . Try it FREE for the first 3 weeks, pay \$12 total for the final 6 Thursdays. Instructors: Wendy McNaughton and Susan Young. Pre-register by January 16th at the Kiwanis Community Centre, [519-271-4310](tel:519-271-4310), www.stratfordactiveadults.ca

From Patricia Good: Try Taoist Tai Chi. It's great for balance, flexibility, circulation and much more. FLK Taoist Tai Chi 670 Ontario St. 519-273-5614

From Janice Ward: Aquafit at the Spruce Lodge (sprucelodge.on.ca/aquafit.html). There is also Aquafit daily at the YMCA. A membership is required.



From Chris Thrasher: (onecaresupport.ca) One Care Services are available for anyone over 55 years old. Call 1-877-502-8277 for more information.

From Jane Dobinson: One Care Fitness at Knox on Tuesdays and Thursdays from 10:00 to 11:00. The instructor is really great and it is a good workout! Free!

From Helen Harrison: Chair Yoga will be starting again in January on Wednesday morning at 10 at the Army and Navy building. Reasonable fees to be paid at the One Care office in the Majest building on Lorne Ave.

From Sheila Dykeman: RWTO Insurance Plan

Our plan is renewing again this year with no rate increase and some plan improvements effective **May 1, 2017**

- 1) Cochlear Implants in the Hearing Aid Benefit (to the plan maximum of \$200.00)
- 2) Volunteer Drivers (Cancer Society) to the Transportation Benefit. This will have a cap of \$100 which is the amount the cancer patient has to pay the Cancer Society to arrange for a driver for treatments, and
- 3) inclusion of Walking Poles, when prescribed by a physician and required for a medical condition (such as balance), under the Mobility Assistance Benefit, to the current \$150 maximum.



When you don't know where to turn.™

211: If you need information that is vital to your well-being call 211 (www.211ontario.ca). This program has a wealth of information and access to the help you need. Talking to a trained specialist makes it easier to find information, discover options and deal with the challenges life hands you. More information can be found in the November Issue of Connections www.rwto.org



Ontario is reminding seniors who are turning 65 in 2017 that, starting January 1, they will be eligible to get the shingles vaccine free of charge, saving them approximately \$170 and helping them stay healthy. Seniors aged 65 to 70 can get the vaccine from their doctor or nurse practitioner. The vaccine greatly reduces the risk of developing shingles. For some, complications from the virus can lead to serious health problems such as loss of vision and prolonged nerve pain. **For**

public inquiries call ServiceOntario, INFOLine 1-866-532-3161 (ontario.ca/health-news)

Publically-Funded Physiotherapy: The government is investing in physiotherapy, giving 90,000 more seniors and eligible patients access to publicly funded clinic-based services in more communities across the province. If you are 65 or older contact your doctor or nurse practitioner. If you need physiotherapy for medical reasons, your contact will give you a referral. You need this referral to sign up for services at the Stratford Physiotherapy Centre, 1A-311 Church Street, Stratford N5A 2R9 226-476-1179.

From Patricia Stanley: St. John Ambulance is actively seeking Contract Instructors to teach St John Ambulance First Aid Courses in Stratford/Perth County. Candidates with availability that includes weekdays, weekends and evenings are needed. The St. John Ambulance Instructor Development program is 40 hours long and usually runs over 5 days or 2 weekends (2 Friday evenings, 2 Saturdays and 2 Sundays). A St. John Ambulance Standard First Aid + CPR level HCP certificate is required as a pre-requisite. If you think teaching first aid for St John Ambulance might be of interest to you please, contact Karen Mahovlich at St John Ambulance - Stratford (karen.mahovlich@on.sja.ca or [519.271.2290](tel:519.271.2290)) for more information.

In Memorium



Treva Rigg (November 21 aged 87)

Treva graduated from McMaster University with a degree in Biology in 1953. She attended Stratford Teacher's College in 1965. She taught at Anne Hathaway and Shakespeare PS, then Northwestern Secondary and Stratford Collegiate, teaching home economics and science.



Ida McKenzie (November 30 aged 103)

Ida graduated from Stratford Normal School in 1932 and started teaching in a one-room schoolhouse. She became the grade 1 teacher at Central School in St. Marys and taught there until her retirement. She was remembered by her students from as far back as the 1930s as a warm and caring teacher.



Inez Haid (December 16 aged 91)

Inez passed away peacefully at the Chartwell Elmira Long Term Care Residence. She was a beloved teacher and mentor at St. Mary's Catholic School, Hesson.

"She was instrumental in increasing the membership in RWTO. She was a Cora Bailey Award Winner." *Margaret R*

"Inez was wonderfully engaged in life around her. She will be remembered fondly by her family, friends and all who knew her, especially her RWTO family." *Karin M*

"I started my teaching career in Hesson where Inez taught her whole career I believe. She was a great mentor and became a good friend. She is the one who encouraged me to join RWTO. We shared the same birthday and for years went out for a birthday lunch together." *Lynnette M*

UPCOMING ACTIVITIES

Gamers Thursday January 12 at the River Gardens 1-4 PM. RSVP joyce-speake@wightman.com

Breakfast at Romeo's Café January 25th at 9:30 AM. Looking forward to seeing lots of friends for my birthday!

NB: Check the January Calendar for a complete list of all activities.

Cora Bailey Award: We are looking for nominations for members who have contributed outstanding service to the RWTO Stratford Branch. More information can be found on the provincial website, www.rwto.org Please submit your nomination to the branch email before March 8, 2017. The award will be presented at the AGM in April.

Annual General Meeting: will be held in Milverton at Burns Presbyterian Church, April 26, 2017. Registration 10 am; meeting 10:30. 2017-2018 membership dues (\$45) will be collected. Lunch is \$20. The fundraiser is the Quarter Frenzy. Start collecting your quarters now! **We will be carpooling so please let us know if you need a ride to Milverton.**

Newsletter Contributions are Welcome! If you would like to share stories or photographs about your clubs or activities in the newsletter, please send them to our branch email: rwtostratford@gmail.com

Jennifer B, President, RWTO Stratford Branch