ASKENNONIA

Means Peace, Wholeness and Well-Being

NOV DEC 2019

A Centre for People 55+

527 Len Self Blvd, Midland, L4R 5N6 (705) 526-7609 www.askennonia.com

Ontario

Lest We Forget

Askennonia Senior Centre

Honour Our Veterans Luncheon

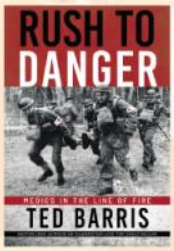
Tuesday, Nov. 19 at Noon
(Doors open 11:30 am)

Hot Chicken Lunch | Cash Bar | Guest Speaker

Veterans are FREE (Please call to register). Civilians $15-Advanced only.
FREE transportation for Veterans provided by Central Taxi.
Call Askennonia 705-526-7609 to book your ride.

Veterans please call Askennonia or sign up at the Royal Canadian Legion Br 80 or 68.

Special Guest Speaker Ted Barris



Rush To Danger: Medics in the Line of Fire

Not a comprehensive history of military medicine, Rush to Danger offers a powerful anecdotal account of how the science of saving lives in battle evolved, where breakthroughs occurred, who proved to be the heroes in these roles, and how such acts of courage played out in individual lives and in military history as a whole.

Sponsored by:

THANK YOU

TO ALL OUR WONDERFUL TAGGERS

Together you raised $1555.50! This will help keep programs & memberships affordable.

Askennonia Senior Centre

Christmas PARTY

Wed. Dec. 4, 2019, Noon
Doors open at 11:30 am
Tickets $20 each
Traditional Christmas Lunch
Catered by Georgian Shores Catering
and Cash Bar!
Entertainment by
Dylan Lock

Find us on
www.askennonia.com

Thank you to our sponsors:

Askennonia Senior Centre
527 Len Self Blvd.
(North Simcoe Sports & Recreation Centre)
Midland, Ontario L4R 5N6
705-526-7609

NOTICE

FRAGRANCE FREE

Please respect others who are severely impacted by your perfume or aftershave. They truly make some very isck. Rec Centre tries to be scent free & so do we!

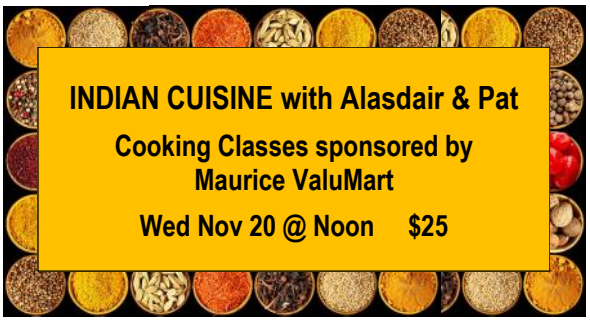
Calendar of Events

Sunday, November 3rd, 10.15am
Service of Remembrance at Knox Presbyterian Church.

Monday, November 11th, 10.30am
Remembrance Day service at the Midland Cenotaph (King St.). Parade to Midland Legion to follow.

Monday, November 11th, 5.30pm
Remembrance Dinner at the Midland Legion. Tickets $19 available at the Legion. Veterans & spouses free.

All Welcome.



INDIAN CUISINE with Alasdair & Pat

Cooking Classes sponsored by Maurice ValuMart

Wed Nov 20 @ Noon $25

Did You Know??

Askennonia is a charity. We hold several luncheons, events and trips every year to fundraise over $100,000 to cover operating expenses.

We provide receipts for all donations. You can use these donations during tax time. If you typically support a charity, please consider Askennonia! Thank you!

2020 Membership Special for New Members

Effective Nov 1, buy a 2020 membership & enjoy Nov & Dec membership no charge

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All 2020 memberships are due by Jan 6, prior to taking part in programs. Pls pay $50 at reception.

ASKENNONIA'S HALLOWEEN PARTY

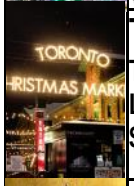
Thursday Oct 31 1:30 PM - 3:30 PM
$5 Cash Bar, Light refreshments!

ASKENNONIA CHRISTMAS DROP IN

Thursday Dec 19th 1:30 pm - 3:30 pm
Light refreshments & Tea and Coffee
and surprises!!!

Bus Trips!

Unless otherwise stated, buses leave NSSRC parking lot at 9 am sharp and return between 6 & 7 pm, depending on traffic. Price includes admission and bus. Buy or bring your own lunch & snacks. No post-dated chqs.
PLEASE NOTE: Customers need to be able to board bus independently, without assistance.

	Come From Away NEW 2020 **Nov 13 9 am $155 ea** **Wed May 27 2020 $145** **1:30 pm showtime**	COME FROM AWAY is a great show taking Toronto by storm. Don't be the only person in North Simcoe who hasn't seen it!! Leave your name on wait list if sold out. All welcome. Please note that there are no refunds for cost of show tickets if inclement weather prevents travel on Nov 13. We would refund any costs we are able to recoup.ie bus.
	Royal Winter Fair **Mon Nov 4 9 am departure** **$70**	There's so much to see and do at the Royal Winter Fair. Since 1922, the country has come to the city as farmers, growers, producers and homesteaders have come from all over Canada to exhibit their very best agricultural products and livestock.
	**Toronto Christmas Market** **Tues Nov 26** **Leaves Midland 10 am & TO @ 6 pm** **$55**	Inspired by the Old World and influenced by the new, this **outdoor market** celebrates the sounds, sights and scents of Christmas. Set in the Victorian-era, cobblestone-lined Distillery Historic District, the Christmas Market brings together local craftspeople, musicians and artisanal food-makers for a truly festive experience.
	Hamilton **Fri May 1 8 pm performance** **Wed May 13 1:30 pm performance** **$150** **Tickets go on sale Mon Oct 28—no reservations or presales.**	***Hamilton*** is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, ***Hamilton*** is the story of America then, as told by America now. Note one show is Fri evening and one is Wed matinee. All welcome!

DETAILS, DETAILS! - that you really should have a look at.

Hours of Service: Mon—Fri 9 am—4 pm

If you are reading print form of this newsletter, we advise to check www.askennonia.com for most **up-to-date information**, as program information and schedules change constantly. Look under the newsletter tab to find a colour version. There are many colour pictures on our Facebook page, too. Visit www.askennonia.com for latest newsletter.

Attention Conveners & Participants
Please read this newsletter and the calendars carefully so that you are aware of program location changes or cancellations.
Please email jcontin@rogers.com if corrections are necessary. Thanks.

DOLLAR DROP PROCEDURES
Unless otherwise stated, all programs have a **$1 drop-in fee** that must be paid at the program location. You need to sign a sheet at the program. Sign-in sheets are used to balance money & audit memberships. **Please print your name.**

For information regarding payments, programs & volunteering pls see our **POLICIES** at reception.

Dial 211 for information of ALL kinds in your community. Need help or information? Call them!

Please pay **$1 for Coffee & Cookie**. Groups are responsible to prepare & clean up after everyone is finished.

If you like what we do, ***tell everyone!*** If you have any issues with programs or events, please share them with Judy or Blair.

For Your Safety! It is important to check with your doctor prior to participation in activities here at Askennonia. That is solely your responsibility. ***Never*** exceed a comfortable pace and share concerns or restrictions with program convenor.

We are in the process of introducing a new PAR-Q questionnaire that participants in all physical programs will require to complete when participating.

Contact Information Staff and Board of Directors (meet 3rd Tues at 10 am.)

Executive Director, Judy Contin jcontin@rogers.com (705)-526-7609 Volunteer & Event Coordinator, Blair Archibald blair.askennonia@gmail.com
President Mike MacRae Vice-President Herb Proudley Treasurer Ruth Hackney Secretary Sharon Anderson Past President Larry Smith
Members at Large Pat Schofield Marilu Mitchell Nedra Devenyi Ruth Brown Ruth Jeannotte

Askennonia is a registered charity. Donations are accepted to help keep memberships & programs affordable and accessible. Receipts are issued for income tax purposes. (CRA #11879-1151 R0001)

Membership runs on the calendar year. **All memberships are due Jan 1 2020 at a cost of $50.**
Subsidies are available if the membership fee is prohibitive!

Askennonia fundraises $139,000 annually by holding luncheons, events, tag days and bus trips. We are fortunate that so many local businesses sponsor our events and programs, which helps defer costs. We also rely heavily on volunteers to help out with various duties at events and trips. For the most part, all volunteers purchase tickets for events if they will be attending and enjoying the meal. Bus trip attendants are provided with an honorarium to cover the cost of their lunch

Special Events	Date	Location	Price	Details
Halloween Party	**Thurs Oct 31 1:30 pm**	VK Room	$5	Come ready to show off your creativity (or not)! There will be prizes for best costume and best home-made costume (and we will likely be able to tell the difference!) There will be door prizes and surprises. Light refreshments & Cash Bar!
Honour Our Veterans Luncheon Ted Barris is back with *Rush To Danger: Medics in the Line of Fire*	**Tues Nov 19 Noon** **Doors open 11:30**	Comm Hall	Civilians $15 Vets No Charge	Veterans are invited to be our guest to enjoy a delicious Swiss Chalet Chicken Luncheon. Please call 705-526-7609 or sign up a RCL Br 80 or 68 to register. Ted Barris is back and promises to amaze with a presentation about his latest book, Rush to Danger. Ted is so supportive of Askennonia and our local veterans and such a magnificent speaker. Thanks to our sponsors: Home Instead Senior Care, Bajic Denture Clinic, Chartwell Tiffin House, Nicholls Funeral Home, Midland Honda, Tammie's Travel Concepts, Harveys Swiss Chalet, Midland Toyota, Desjardins, King Place.
Christmas Party & Dance Christmas Dinner catered by Georgian Shores Catering & starring Dylan Lock	**Wed Dec 4 Noon** **Doors Open 11:30**	Comm Hall	$20	Don't miss this delicious luncheon held upstairs in the Community Hall. This will be a turkey, mashed, veggies and dessert affair. Dylan will have everyone up dancing. Door prizes will round out the day. Thanks to our sponsors, Chartwell Tiffin House, Carson Funeral Home, Home Instead Senior Care, Mink Insurance, Bajic Denture Clinic.
Christmas Drop-In **Prizes for the best Christmas Sweater! Snacks by King Place!**	**Thurs Dec 19 1:30– 3:30**	VK	$5	Since we close for two weeks at Christmas, we like to have a social closer to Christmas so that everyone can get together, enjoy some refreshments, have a fun afternoon and wish your friends a happy holiday. Everyone is invited. Light refreshments will be served.
VALENWINE	**Thurs Feb 13 1:30-3:30**	CH	$10	Live entertainment, great refreshments and a cash bar. Save the date! More info to come! Blair's working on delivering a great party for all!! Bring your friends!

EDUCATIONAL SESSIONS	Date	Location	Price	Details & REGISTRATION information.
New (&Old) Member Orientation	Will return in January 2020	Vi Kennedy Room	N/C	All welcome to come hear about our policies, programs, events and volunteering. Have a coffee, ask questions of staff, meet other members and make the most of your membership.
Cell Phone Workshops with students @ GBDSS	Last Thursday of the month	**Enter through main doors by 10:30 am**	N/C	Bring your cell phone, tablet or laptop for one-on-one sessions with students who have mastered these devices. **Please register** at reception for planning purposes. We need to give #s to school.
Coffee with a Cop! Sherri Golds, OPP Community Service Officer	Tues Nov 26 9:30-10:15	VK	N/C	Sherri Golds, Community Services Officer, OPP will host a drop in coffee time on the last Tues. of the month (not in Dec), when you can 'ask her anything'. On occasion, she may have a guest speaker or come with a prepared presentation on a topic of interest to community. All welcome! No registration necessary.
Natural Vision Improvement with Jean Dove	Mon Oct 28 4 wks @ 1pm	MS	$48	Jean teaches fun and effective exercises to improve vision naturally and puts you in a positive mindset for life events.
Indian Cooking with & Alasdair MacLean and Pat O'Dell	Wed Nov 20 Noon	Kitchen	$25	Alasdair and Pat provide all recipes and time-honoured cooking tips and tricks. Everyone cooks, eats & has fun. Left-overs are carefully packaged up for transport home. It's a lovely afternoon!
Arthritis of the Hand Workshop with Ingrid Beam	Fri Dec 6 930-1130	Marg Scott	N/C	Ingrid shares valuable information about preventing damage, managing pain & assistive devices that make life more manageable. Mandatory pre-registration by calling 1-800-321-1433 Ext 3381.
Baby Boomer Interviews	Wed Dec 11 1 pm	Multipurpose Room & Creative Room	N/C	We are looking for around 15 Baby boomers to share what life was like during the '60s with students from GBDSS. Interviews take about 40 minutes. Bring in memorabilia if you like. Pls register at reception. Repeats welcome, as it's a new class of students.
Baseline Cognitive Testing & Follow-Up of 2016 tests by Abilities Rehabilitation Services	Wed Nov 20 Register your appointment with $10 payment at reception.	Upper Board Room	$10 ea	Susan Cook is an occupational therapist and she along with her colleagues at Abilities Rehabilitation Services has offered to provide our members with screening to address cognitive performance. This can be used as your baseline test and can be kept on file to compare with future tests should they be wanted. All information would be confidential and kept with Abilities in their medical storage facility. If you had a test in 2016 and would like to update, now's your time! Book your appointment at Askennonia reception desk with $10 payment.

Look at the FUN we have!! See more pics on our Facebook page.

NEW BOOK CLUB

2nd Fri of month from 3-4 pm

Jen Paquette from Midland Public Library, will host a **Bring Your Own Book Club.**

On occasion, everyone will read the same book!

Join friendly readers to discuss books you're currently reading or books you'd recommend for other readers.

Make Your Own Wooden Christmas Presents with Ernie Spiess

$56 for 7 session

Classes Thursdays in November & December @ 1 PM

Make walnut candle holder, Christmas tray, decorations, stool, coat rack, lamp, electric guitar, walnut jewellery box or project of your choice with hand or power tools. Learn about 3D sketch, material lists, safety rules, use of tools, assembly, finishings. Free walnut for a small project!

FUN SIGN PAINTING WORKSHOP!

Fri Nov 22 10-Noon

Sign up for this fun sign-painting event we are offering here at Askennonia with Springwater Signs and Designs.

No experience needed! It's simple, fun and easy to do. Make a beautiful sign for your home or to give as a gift.

This workshop will include your pre-selected 12x12 framed board, stencil and paint. You will be instructed on how to complete your sign.

Sign up today—$28 includes light refreshments!

8TH Annual - 'BE A SANTA TO A SENIOR'

Dan Leonard from Home Instead Senior Care will have the Be a Santa to a Senior tree in our lobby on Nov. 12. You are invited to ***take a tag*** with a name & gift suggestion for a local resident who runs the risk of being alone at Christmas. **Return the unwrapped gift with the tag** to our lobby before **Dec 5.**

Gifts will be wrapped by Villa residents closer to Christmas. For the last 7 years, recipients in local nursing home and some living alone at home were truly moved by the acts of kindness, as reported to Dan Leonard. Gift ideas include slippers, throws, toiletries, robes, towels or gift certificates.

Call Dan Leonard 705-503-5501 at Home Instead Senior Care for more information.

Event Sponsors 2019

Atherton Financial Group Inc. — Providing the Road to Your Financial Freedom — Call Rob, your hometown London Life representative today. 705-528-0518

Oxford Living — King Place

Call for a free, no-obligation appointment 705.503.5501 — Home Instead Senior Care — to us, it's personal.

MINK Insurance Services Ltd.

The Villa Retirement Lodge

HearWell BeWell — Life sounds good!

CHARTwell TIFFIN retirement residence

Desjardins Voyageurs Credit Union

Nicholls Funeral Home — Salon Funéraire Penetanguishene Funeral Home — Arbor Memorial

Maurice's valu-mart — Midland's Downtown Grocery Store! 277 King St., Midland. 705-526-5140

BAJIC DENTURE CLINIC — life is too good to go without a smile!

SHARP Bus Lines Limited — Be Sharp, Go Sharp

Advanced Foot & Orthotic Clinic

Huronia Museum

Swiss Chalet Harvey's

Midland Toyota

Central Taxi Midland 705-526-2626

Carson Funeral Homes — Cremations & Life Celebrations

Georgian Shores Fine Foods & Catering

OACAO — The Voice of Older Adult Centres / La voix des centres pour aînés

Ontario

Canada

Enbridge

Midland

Tammie's Travel Concepts

TD Canada Trust

For a complete listing of our partners and sponsors, please see our website www.askennonia.com

Drop-In Programs. No registration required.
Cost $1 unless otherwise posted below.

Drop-In Programs	Day/time	Loc.	Programs in *Italics* are open to the community. Bring friends!	Program Leader
Badminton	Wed 1-3 Fri 9:30—11:30 am	G	$3 drop in. All levels & no partner required. Borrow our equipment! Fun exercise!	Karen & Tim Sweeting
Beginner Bridge Lessons	Tues 2:15 pm	M	Want to learn to play Bridge? Maureen will teach the basics in these beginner lessons. You will get lots of practice play & handouts. Bridge is good for the mind & soul!!	Maureen McKinnon
Bid Euchre	Wed. 1-3:30 pm	VK	Friendly game of progressive Bid Euchre!	Gerry Peters
Canasta	Tues 1 pm	MS	Come out to learn and play Canasta! All members welcome.	Debbie Lloyd
Contract Bridge	Mon. 1 pm	M	Progressive friendly game of Bridge. No partner required.	Joan Goodfellow
Coffee House	*2nd & 4th* *Tues. 1:30 pm*	C	*Afternoon of friendship, entertainment (jokes, singing, dancing, etc) & coffee/tea.* *****Open to Community*****	*Anne Marie St. Amant* *705-549-2078*
Computer Club/Practice Time	Tues 9 am-11 am	MS	Need more practice with the computer skills you are learning on your laptop or tablet? Join our seasoned computer support trainers who have been generous volunteers for over 10 years! We thank them.	Kathy Gunston, Gord Bridges, Wayne Gannon
Country Jam Open Mic	*Tues 1 pm*	VK	*This popular afternoon allows musical members to perform for an audience. Come join others who love music. Sign in to take the stage.* ****Open to Community****	*Mike MacRae, Wayne Ferris & Ross Tristram*
Country Jam	*Fri 1 pm*	VK	*Come hear some of the best local musicians play favorites. Sing along or dance your afternoon away. All welcome. Enjoy the coffee break!* ****Open to Community****	*Mike MacRae, Wayne Ferris & Ross Tristram*
Creative Writing	Wed 1:30 pm	MS	Learn to write using the creative writing skills of popular fiction and memoir authors. Wifi available. Let Bev know what you want to learn at the OPEN HOUSE.	Bev Hanna
Cribbage	*Wed 10-Noon*	MS	Come and have fun with other members. It's a great social time.	Peter Barnes
English Country Dancing	Thurs 1:30 pm	CH	This is a great way to get exercise into your life. It's fun, easy and healthy! Come try it! Dancers learn figures and sequence is called or cued.	Gordon McGregor 534-7378
Knit & Chat	Fri 10 am-12 pm	M	All knitters are welcome to drop by to share their skills, to learn from others and to chat. It's a relaxed group that's very welcoming!!	Ruth Jeannotte & Rosemary Yates
Let's Write	Mon 1—3:30 pm	VK	John Philips, retired high school English teacher, will inspire, instruct and interact with people wanting to write for fun or for a purpose.	John Philips
Line dancing Basic & Intermediate	Mon & Wed 10-11 am	M	Learn basic steps and beginner dances. Line dancing is great exercise & lots of fun. Dances are choreographed and sequence is called or cued.	Marion Carnduff Mon Lise Pyburn Wed
Line dancing Advanced	Mon & Wed 10 am-12 pm	VK	Line dancing is a great form of exercise for body, mind & spirit. The music is varied and everyone has a great time learning more advanced dances.	Shirley Tilson, Donna Matz, Sapka Van Alten
Pickleball	Tues/Thurs/Fri 9:30 am-11:30 am	Gym	$3 drop in. Come play one of the fastest growing sports in North America. It's a fun and exciting form of exercise. Paddles and balls supplied.	Bev Lauder & Marie Broom
Quilting	Tues 10-Noon	M	Finish up those unfinished projects or come learn to quilt! Bring your machines or whatever equipment you want to use and spend time with other quilters. Group will help beginners, make recommendations, may have guest speakers or training session	Lynn Mouser
Scrabble - New Day/Time	Mon 1 pm	C	Scrabble is good for the brain!! Have fun with other members. It's a great social time.	Karyn Winstone
Table Tennis	Mon & Wed 9 am	Gym	$3 drop in. Come play table tennis. Rules and paddles provided.	Gunter Schmidt
Tai Chi	Thurs 10:30 am	VK	Learn gentle movements that improve balance, strength & relaxation. This instructs the 108 movement set, for beginners & more advanced.	Marie Dandy, Jean Richardson, Marilu Mitchell, Barb McCallion
Video Exercise Drop-In—No Instructor present	Mon, Wed & Fri 11:15 am—12 pm	B	Independent Exercise to VIDEO . Gentle exercise designed to relax muscles & decrease pain. Instruction is delivered by video. Includes warmup, cardio & cool-down.	No Convener. Everyone on their own.
Walking Club sponsored by Tim Hortons	Thurs 9-10 am	M	Members lead a one hour walk appropriate for the group. Weather permitting, they go outside. Otherwise, they walk within the Rec Centre. Everyone gets together for a coffee after the walk.	Rosemary Yates, Lise Pyburn
Watch Clinic. Repair & Battery Replacements $5 Includes battery, etc	2nd & 4th Tues 9-Noon	M	Askennonia member Dietmar Schafer will hold a Watch Clinic twice per month to repair & clean your watch or replace battery for $5. Dietmar is very good at repairing older timepieces as well. All profits will be passed on to Askennonia! Thanks Dietmar.	Dietmar Schafer
Woodcarving for Men and Women!!	Wed. 1 pm	VK	Learn to carve on a group project when available or pick your own project. Members assist each other. Ron Hunt shares his expertise. Friendly group of men & women who love to carve and to learn.	Ron Hunt, Herb Proudley & Larry Smith. Experienced carvers help beginners.

Askennonia Group Insurance Plan Saves Members Money!

Members of Askennonia have a Group Home & Automobile Insurance Program available to them. Mink Insurance has developed a group product for your vehicle, your home and your toys (such as boats, ATV's or RV's) that will deliver exceptional coverage at group rates.

Their office is conveniently located at **472 Hugel Ave, Midland**, so there are no call centres to deal with should you need to speak with them. **Call Mink Insurance at (705) 527-6465** for more information. **"Think Mink."** Askennonia membership required.

WHAT'S A FITNESS PAR-Q??

It's a questionnaire that helps you to determine whether you should check with your Dr prior to partaking in physical activity. It stands for "Physical Activity Readiness Questionnaire".

For liability reasons, it has been recommended that we ensure that everyone taking our fitness programs complete the questionnaire and sign the form, which will be kept in a binder in the Centre.

This will help YOU to determine whether you should consult with your Dr. Our fitness instructor should also be made aware of any questions to which you answered 'Yes'.

Going forward, we will be distributing the questionnaires when fitness cards are purchased.

We appreciate your cooperation!

Program Requiring Registration or Fitness Card prior to participation. Pls check dates on Calendars.

Program	Day/time	Where	Freq	Price	Comments
PROGRAMS THAT REQUIRE A FITNESS CARD PRIOR TO PARTICIPATION ($35-good for 10 visits to any programs below)					
ABC Fusion (Abs, Balance & Core) Laurie Holman-Ross	Mon 9:15 am	B	Wkly	$3.50 /class by Fitness Card	Abs, balance and core are fused using the strength and movements of Pilates, with some yoga and barre practice mixed in. Breathe, mindfully, move your body and enhance everyday activities in this all level class with Laurie. Mat required.
Chair Yoga with Danna Montgomery	Mon 1:30 & 2:45 Wed 2:45 pm Thur 10:15 am	M M M	Wkly	$3.50 /class by Fitness Card	Enjoy all the benefits of yoga, but without getting onto the floor. Excellent for strengthening core & proper breathing techniques.
Dance & Tone with Danna Montgomery	Tues 9 am	CH	Wkly	$3.50 /class by Fitness Card	Resistance training to music using weighted shakers & bands combats osteoporosis, diabetes, heart disease, arthritis, back pain, depression and obesity. *Danna makes it fun too!*
Fun & Fit Circuit with Danna	Wed 1:30 pm	G	Wkly	$3.50 /class by Fitness Card	Danna Montgomery leads this hour of various, balanced exercises that are timed and incorporated with walking or other timed activities.
Hustle, Muscle & Stretch with Danna/Sefi	Tues 10 am Fri 9:30 am	CH CH	Wkly Wkly	$3.50 /class by Fitness Card	Low impact aerobics, with weight training & stretch to music. Improve flexibility, balance & strength.
Yoga with Danna/Sefi	Tues. 11:15am Fri 10:45 am	CH CH	2/wk	$3.50 /class by Fitness Card	Gentle stretching & controlled breathing makes this exercise class relaxing yet stimulating. Bring your own mat.
Zumba Gold with Danna Montgomery	Thur 9 am	CH	Wkly	$3.50 /class by Fitness Card	Danna, certified Zumba Gold instructor, leads this Latin inspired exercise class. Get in shape, have a blast and dance your cares away.
PROGRAMS THAT REQUIRE REGISTRATION AT RECEPTION DESK PRIOR TO PARTICIPATION					
Acrylic Painting	Thurs 1:30 pm	VK	Wkly	$8/wk paid monthly	Pls see watercolour & acrylic below.
BYOB Book Club with Jen Paquette from Midland Public Library	2nd Fri from 3-4 pm	MS	Mnthly	$1 drop-in	Join friendly readers to discuss books you're currently reading or books you'd recommend for other readers. Thanks Jen & MPL!
Card Making Workshops	Fri 1 pm	M	Wkly	$7/wk paid monthly	Elizabeth Hough shares years of experience and all her equipment. Some materials supplied/some stock materials are your responsibility.
Choir "Just Attitude"	Wed 1 pm	M	Wkly	$15 flat fee paid monthly	Victoria Thompson directs this daytime choir. There's lots of laughter mixed with valuable learning! No requirement to read music. Just Attitude sings out in the community and at Askennonia events.
Computer One on One Training with Christine Nugent	Thursdays at 9, 10, 11 & Noon	MS	Wkly	$5/1 hr session	Thursday mornings Askennonia members can register for one hour time slots, to increase technological capabilities and build on basic knowledge of devices. Bring your own device or use one of our computers! The fee is $5 per hour. Registration in person at the desk.
Conversational Advanced French Conversational French Beginner Conversational Intermediate	Mon 9:45 Mon 11 am Tues 11:15 am	MS MS MS	Wkly	$2/class	Mon Beginner & Mon Advanced with **Adele Heins**. Beginner—vocabulary & pronunciation, simple verbs & tenses, grammar & conversation. Holiday themes. Advanced is more advanced!! Tues Intermediate with **Helen Cheshire**. Building upon and expanding structures acquired at beginner level. Class sizes are limited to 10 max—registration required.
Flying Club– Radio Controlled Drones, Planes & Helicopters	Mondays 1-2 pm	Gym	Wkly	$5/class pd monthly	Whole gym will be available from 1-2pm. George Lemere will convene group. Safety rules must be followed by all.
Foot Clinic at Askennonia	Friday 9am	C	2/mth	$35 to RN	**Julie Loughran RN 705-528-0972** for appointment.
Indian Cooking with Alasdair MacLean	Noon various days Usually 1/month	Kitchen & C	Usually monthly	$25 per session	Alasdair shares the secrets & traditions of authentic Indian cuisine. Cook, enjoy a meal together & take left-overs home to enjoy or share.
Italian Cooking with Pat O'Dell sponsored by Maurice Valumart	Noon various days Usually 1/month	Kitchen & C	Usually monthly	$25 per session	Pat reveals the secrets & traditions of authentic Italian cuisine. Cook, enjoy a meal together and take left-overs home to enjoy or share.
Pickle ball—Introductory lessons.	Nov 12, Nov 26 Dec 10 11:30-12:30	Gym	2/month	**Free and open to all**	Our goal is to help new players feel more comfortable and confident as they learn the game with other non-players. Once they have learned the basic skills, they will be better prepared to join our regular play days.
Ukulele Lessons by Steve Paskin. Learn & join the band!	Tues 1 pm Beg Thur 1 pm Intermediate	M M	Wkly	$6/class paid with UKE Card ($60 for 10 sessions)	Steve Paskin teaches new players on Tuesdays. The Thurs class is a little more advanced. Plan to learn one new song per week and then practice songs to 'perfect' them. It's great fun and easy to learn. Johnstone's Music downtown Midland provides 10% discount to people registered in our classes.
VON SMART (Seniors Maintaining Active Roles Together)	*Monday Noon*	*M*	Wkly	*No Charge*	***Call VON 705-355-2200 to register.*** *This VON program improves balance, core strength and reduces falls.*
Watercolour or Acrylic Lessons	Thurs 1:30pm	VK	Wkly	$8/week paid monthly	Erin Burton & Hazel Ferry instruct beginner & intermediate classes. Choose your medium and have fun!
Woodworking with Ernie **Christmas Project**	Thurs 1:30pm	MS	Wkly	New 7 week session starts Nov $8/week = $56	Ernie is a retired shop teacher who has lots of experience teaching woodworking. Some materials, instructions and patterns included or available. Have a project you would like to work on? Talk to

WINTERFEST OPEN HOUSE 2020

Feb 24—28 is Open House Week

Tell your friends and family that all programs will be open and can be attended without a membership. Visitors are asked to pick up a guest badge at reception. (Drop-in fees can be paid in cash at the location.)

HALF PRICE NEW MEMBER WINTERFEST SPECIAL

Half price membership special ($25 cash, cheque or interac) during the week of March 2—March 6 2020 only. (No exceptions) New members only!

PICKLEBALL PLAY DURING CHRISTMAS BREAK

Private rentals of the gymnasium have been arranged for the mornings of Dec 27, Jan 2 and Jan 3, from 9:30 to 11:30.
Everyone is welcome to attend.
Cost $3 drop-in.

NOVEMBER 2019 Visit our website www.askennonia.com for details!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEGEND **VK**=Vi Kennedy Auditorium **B**=Boys & Girls Club **BT**=Bill Thompson **C**=Creative Room **CH**=Community Hall **G**=Gym **M**=Multipurpose Room **MS**=Margaret Scott Room **BR - Board Room UK**=Upper Kitchen **Bold means new program or meeting.** *Italics means Open to Community & no membership required.* **Programs with ~~strikethrough~~ are on hiatus for this month or cancelled that day.** **See our WEBSITE www.askennonia.com for Facebook or updated, complete details.**				**1** *9 Foot Clinic* 9:30 Hustle/Muscle CH 9:30 Pickleball/Badminton G 10 Knit & Chat M 10.45 Yoga CH 11:15 Video Exercise M 1 Card Making M *1 Country Jam VK*
4 9 Royal Winter Fair 9 Table Tennis G 9:15 ABC Fusion B 9:45 Advanced French MS 10 Line dance VK+M 11 Beginner French MS 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1 Let's Write VK ***1 Natural Vision MS 2/4*** 1:30 & 2:45 Chair Yoga M	**5** 9-11 Computer Club MS 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G 10 Quilting M 10 Hustle,Muscle&Stretch CH 11:15 Intermediate French MS 11:15 Yoga CH *1 Country Jam VK* 1 Beginner Ukulele M 1 Canasta MS 2:15 Beg Bridge Lesson M	**6** 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre VK 1 Choir M 1 Woodcarving VK 1-3 Badminton G 1:30 Fun & Fit Circuit G 1:30 Creative Writing MS 2:45 Chair Yoga M	**7 No Comm Hall** 9 Walking Club 9 Zumba Gold VK ~~9-1 1 Hr Private Computer MS~~ 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set A 1 Ukulele Band M 1:30 English Country Dance G 1:30 Watercolour/Acrylic VK 1:30 Woodworking with Ernie MS	**8 No Comm Hall** 9:30 Hustle/Muscle BT 9:30 Pickleball/Badminton G 10 Knit & Chat M 10.45 Yoga BT 11:15 Vid Exercise M 1 Card Making M *1 Country Jam VK* **3-4 BYOB Book Club with Jen from Midland Library**
11 Remembrance Day 9 Table Tennis G 9:15 ABC Fusion B 9:45 Advanced French MS 10 Line dance VK+M 11 Beginner French MS 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1 Let's Write VK ***1 Natural Vision MS*** 1:30 & 2:45 Chair Yoga	**12 9-12 Dietmar's Watch Clinic** 9-11 Computer Club MS 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G 10 Quilting M 10 Hustle,Muscle&Stretch CH 11:15 Intermediate French MS 11:15 Yoga CH ***11:30 Intro to Pickle Ball G*** *1 Country Jam VK* 1 Beginner Ukulele M *1:30 Coffee House C* 1 Canasta MS 2:15 Beg Bridge Lesson M	**13** **9 Come from Away** 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre VK 1 Choir M 1 Woodcarving VK 1-3 Badminton G 1:30 Fun & Fit Circuit G 1:30 Creative Writing MS 2:45 Chair Yoga M	**14** 9 Walking Club 9 Zumba Gold CH 9-1 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set A 1 Ukulele Band M 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK 1:30 Woodworking with Ernie MS	**15 NO COMM HALL** *9 Foot Clinic* 9:30 Hustle/Muscle VK 9:30 Pickleball/Badminton G 10 Knit & Chat M 10.45 Yoga BT 11:15 Vid Exercise M 1 Card Making M *1 Country Jam VK*
18 9 Table Tennis G 9:15 ABC Fusion B 9:45 Advanced French MS 10 Line dance VK+M 11 Beginner French MS 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1 Let's Write VK ***1 Natural Vision MS*** 1:30 & 2:45 Chair Yoga M	**19 No Comm Hall** 9-11 Computer Club MS 9 Dance & Tone Danna VK 9:30-11:30 Pickleball G 10 Quilting M 10 Hustle,Muscle&Stretch VK 11:15 Intermediate French MS ~~11:15 Yoga VK~~ **Noon Honour Our Veterans Lunch with Ted Barris** **Afternoon programs cancelled** ~~*1 Country Jam VK*~~ ~~1 Beginner Ukulele M~~ ~~1 Canasta MS~~ ~~2:15 Beg Bridge Lesson M~~	**20 9-3 Baseline Cognitive Testing—Appointment required** Upper Boardroom 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M **NOON INDIAN COOKING C** 1 Bid Euchre VK 1 Choir M 1 Woodcarving VK 1-3 Badminton G 1:30 Fun & Fit Circuit G 1:30 Creative Writing MS 2:45 Chair Yoga M	**21** 9 Walking Club 9 Zumba Gold CH 9-1 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set A 1 Ukulele Band M 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK 1:30 Woodworking with Ernie MS	**22** 9:30 Hustle/Muscle CH 9:30 Pickleball/Badminton G **10-12 Christmas Sign Making Workshop MS** 10 Knit & Chat M 10.45 Yoga CH 11:15 Vid Exercise M 1 Card Making M *1 Country Jam VK*
25 9 Table Tennis G 9:15 ABC Fusion B 9:45 Advanced French MS 10 Line dance VK+M 11 Beginner French MS 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1 Let's Write VK 1:30 & 2:45 Chair Yoga M	**26 10 TO Xmas Market Trip** **9-12 Dietmar's Watch Clinic** 9-11 Computer Club MS 9 Dance & Tone Danna CH ***9:30-10:15 Coffee with a Cop VK*** 9:30-11:30 Pickleball G **10 Board Meeting C** 10 Quilting M 10 Hustle,Muscle&Stretch CH 11:15 Intermediate French MS 11:15 Yoga CH ***11:30 Intro to Pickle Ball G****1 Country Jam VK* 1 Beginner Ukulele M 1 Canasta MS *1:30 Coffee House C* 2:15 Beg Bridge Lesson M	**27 No Gym** 9 Table Tennis BT 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre VK 1 Choir M 1 Woodcarving VK ~~1-3 Badminton G~~ 1:30 Fun & Fit Circuit CH 1:30 Creative Writing MS 2:45 Chair Yoga M	**28** 9 Walking Club 9 Zumba Gold CH 9-1 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:15 Chair Yoga M **10:30 Cell Phone/Tablets at GBDSS** 10:30 Tai Chi Set A 1 Ukulele Band M 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK 1:30 Woodworking with Ernie MS	**29 Possibility of No Comm Hall—TBA** *9 Foot Clinic* 9:30 Hustle/Muscle CH 9:30 Pickleball/Badminton G 10 Knit & Chat M 10.45 Yoga CH 11:15 Vid Exercise M 1 Card Making M *1 Country Jam VK*

DECEMBER 2019

Visit our website www.askennonia.com!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9 Table Tennis G 9:15 ABC Fusion B 9:45 Advanced French MS 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1 Let's Write VK 1:30 & 2:45 Chair Yoga M	**3 No Gym** 9-11 Computer Club MS 9 Dance & Tone Danna CH ~~9:30-11:30 Pickleball G~~ 10 Quilting M 10 Hustle,Muscle&Stretch CH 11:15 Intermediate French MS 11:15 Yoga CH Noon Coffee House Pot Luck M *1 Country Jam VK* ~~1 Beginner Ukulele M~~ come out Thursday if you like! 1 Canasta MS 2:15 Beg Bridge Lesson M	**4** **If Dec 3 was snow day, No Gym and Table Tennis cancelled.** *9 Table Tennis G* 10 Line dance A & M 10 Cribbage MS ~~11:15 Video Exercise M~~ **Noon Christmas Party CH** ~~1 Bid Euchre A~~ ~~1 Choir M~~ ~~1 Woodcarving VK~~ ~~1-3 Badminton G~~ ~~1:30 Fun & Fit Circuit C~~ ~~1:30 Creative Writing MS~~ ~~2:45 Chair Yoga M~~	**5 No Comm Hall** 9 Walking Club 9 Zumba Gold VK 9-1 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set A 1 Ukulele Band Dec Drop-In M 1:30 English Country Dance Gym Viewing 1:30 Watercolour/Acrylic VK 1:30 Woodworking MS	**6 No Comm Hall** *9 Foot Clinic* 9:30 Hustle/Muscle BT 9:30 Pickleball/Badminton G ***9:30—11:30 Arthritis of the Hand/Foot MS*** 10 Knit & Chat M 10.45 Yoga BT 11:15 Video Exercise M 1 Card Making M *1 Country Jam VK*
9 9 Table Tennis G 9:15 ABC Fusion B 9:45 Advanced French MS 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1 Let's Write VK 1:30 & 2:45 Chair Yoga M	**10** 9-11 Computer Club MS 9 Dance & Tone Danna CH **9-12 Dietmar's Watch Clinic** 9:30-11:30 Pickleball G 10 ~~Quilting~~ M 10 Hustle,Muscle&Stretch CH 11:15 Intermediate French MS 11:15 Yoga CH ***11:30 Intro to Pickle Ball G***1 *Country Jam VK* ~~1 Beginner Ukulele M~~ come out Thursday if you like! 1 Canasta MS 2:15 Beg Bridge Lesson M	**11** 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre VK ~~1 Choir M~~ 1 Woodcarving VK 1-3 Badminton G **1 Baby Boomer Interviews C & M** 1:30 Fun & Fit Circuit G 1:30 Creative Writing MS 2:45 Chair Yoga M	**12 No Comm Hall** 9 Walking Club 9 Zumba Gold VK 9-1 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set A 1 Ukulele Band Dec Drop-In M 1:30 English Country Dance G 1:30 Watercolour/Acrylic VK 1:30 Woodworking with Ernie MS	**13** 9:30 Hustle/Muscle CH 9:30 Pickleball/Badminton 10 Knit & Chat M 10.45 Yoga CH 11:15 Vid Exercise M ~~1 Card Making M~~ *1 Country Jam VK* **3-4 BYOB Book Club with Jen from Midland Library**
16 9 Table Tennis G 9:15 ABC Fusion B 9:45 Advanced French MS 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1 Let's Write VK 1:30 & 2:45 Chair Yoga	**17** 9-11 Computer Club MS 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G ~~10 Quilting~~ 10 Hustle,Muscle&Stretch CH ~~**10 Board Meeting C**~~ 11:15 Intermediate French MS 11:15 Yoga CH *1 Country Jam VK* ~~1 Beginner Ukulele M~~ come out Thursday if you like! ~~*1:30 Coffee House C*~~ 1 Canasta MS 2:15 Beg Bridge Lesson M	**18** 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre VK ~~1 Choir M~~ 1 Woodcarving VK 1-3 Badminton G 1:30 Fun & Fit Circuit G 1:30 Creative Writing MS 2:45 Chair Yoga M	**19** 9 Walking Club 9 Zumba Gold CH 9-1 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:15 Chair Yoga M ~~10:30 Tai Chi Set A~~ ~~1 Ukulele Band Dec Drop-In M~~ **1:30 –3:30 Christmas Drop-In VK** ~~VK1:30 English Country Dance CH~~ ~~1:30 Watercolour/Acrylic VK~~ 1:30 Woodworking with Ernie MS	**20** *9 Foot Clinic* 9:30 Hustle/Muscle CH 9:30 Pickleball/Badminton G 10 Knit & Chat M 10.45 Yoga CH 11:15 Vid Exercise M ~~1 Card Making M~~ *1 Country Jam VK*

LEGEND

A=Askennonia Auditorium **B**=Boys & Girls Club **BT**=Bill Thompson **C**=Creative Room **CH**=Community Hall **G**=Gym **M**=Multipurpose Room **MS**=Margaret Scott Room

Italics means Open to Community & no membership required.

Programs with ~~strikethrough~~ are on hiatus for this month or cancelled that day.

See our *website* **www.askennonia.com** for details.

Bold means new program or meeting.

Tripping with us!

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