

# ASKENNONIA

Means Peace, Wholeness and Well-Being

Jan Feb 2019

A Centre for People 55+

527 Len Self Blvd, Midland, L4R 5N6 (705) 526-7609 [www.askennonia.com](http://www.askennonia.com)



## WINTERFEST

Friday, January 25<sup>th</sup> 2019

NSSRC Community Hall 10 am - 3 pm

Baked Beans & Franks 11 am while supplies last!

Open Mic Talent Showcase 11 am to 2:30 pm

(Please register at the Centre for planning purposes)

Arts, Woodcarving, Cardmaking & Knitting Show & Sale

Half Price NEW Membership Special that day!

Sponsored by Home Instead Senior Care, Dan Leonard 705-503-5501

**Free Admission | All Ages Welcome!**

### volunteer.

**OUR VOLUNTEERS  
ARE OUR MOST  
VALUABLE ASSET!**

Are you looking for a  
way to help out?

Wanted: Someone to  
help with audio for  
Tuesday & Friday  
afternoon Country  
Jams. Set-up & tear-  
down of equipment, as  
well as the fun stuff!

Needed: Kitchen help  
at Country Jams.  
Prep and oversight for  
Coffee Breaks on Tues  
& Fri afternoons.

See Blair!!

### Peek at the Past

GBDSS students have interviewed Ron Hunt,  
Dr Marty McNamara and Rosanne Monague with  
help of the Huronia Museum.

Eamonn O'Connell has edited the videos.

We are ready to showcase at a

**Free Luncheon on Wed Jan 16 @ Noon!**

All Welcome! Free tickets at Reception.  
Call us if you need a ride.

Sponsored by New Horizons for Seniors



### AGM

Wed March 27 2019

Noon Lunch Meeting

Guest Speaker  
after lunch.

Free tickets will be  
available at reception  
after Feb 1.

Check back later for lunch  
& speaker details.

### Valen Wine's Party

Thurs Feb 14 1:30 - 3:30 pm

2 glasses, refreshments & good company!

Members \$8 & Guests \$10

Tickets at reception after New Year.

Come with your friends or to make new ones!

All Welcome!

Sponsored by King Place!





# 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.



**Wine Experience Thornbury**  
May 1 2019  
TBD - watch for update

We will travel to a winery where you can choose from wine, cider or beer and enjoy some pairings. After the tour, we will stop at Blue Mountain where you can visit the shops and restaurants. All welcome. Check back for more details.



**Come From Away**  
Wed July 3, 2019 — sold out.  
\$142 ea 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 or watch for our next trip to Come from Away! All welcome.



**The Lion King**  
Wed July 31  
\$145 1:30 pm showtime

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's THE LION KING, making its triumphant return to the Princess of Wales Theatre!



**Medieval Times**  
Wed August 14 9 am  
\$99 ea 1:30 lunch & show

The Medieval warrior & stalwart horse possesses bold courage & quiet strength. Medieval Times' noble guests feast on garlic bread, tomato bisque soup, roasted chicken, sweet buttered corn, herb-basted potatoes, the pastry of the Castle, coffee and two rounds of select beverages, all while your knights defend their honour. 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](http://www.askennonia.com) for most **up-to-date information**, as program information and schedules change constantly. It's where you will find a colour version. There are all kinds of colour pictures on our Facebook page, as well as on our website. Visit [www.askennonia.com](http://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](mailto: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 &/or Cookies**. 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.

### Contact Information

Executive Director, Judy Contin [jcontin@rogers.com](mailto:jcontin@rogers.com) (705)-526-7609 Volunteer & Event Coordinator, Blair Archibald [blair.askennonia@gmail.com](mailto:blair.askennonia@gmail.com)

### Board of Directors meet 3rd Tues at 10 am.

President Larry Smith Vice-President Mike MacRae Treasurer Ruth Hackney Secretary Sharon Anderson  
Past President Ruth Brown Members at Large Herb Proudley Pat Schofield Marilu Mitchell Nedra Devenyi

**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 2019 at a cost of \$50.**  
**Subsidies are available if the membership fee is prohibitive!**

**Askennonia fundraises over \$100K 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
<b>Peek at the Past Free Lunch</b> Free tickets at reception	Wed Jan 16 2019 Noon	Comm Hall	No Charge	We will showcase 3 short videos produced by Eamonn O'Connell of interviews conducted by GBDSS students. Each will highlight a story that shaped the subject's life! Sponsored by New Horizons for Seniors.
Askennonnia's <b>Winterfest Celebration</b> Sponsor-Home Instead Senior Care	Fri Jan 25 2019 10am - 3pm	Comm Hall	Free Admission	Winterfest is a fun-filled mid-winter festival. It's a great time to find out about programs, such as, knitting, woodcarving, cardmaking, painting or quilting. New memberships are discounted and we have the OPEN MIC JAM SESSION. Baked Beans Lunch is available for sale. Please note we have changed the day to a Friday so parking will be much easier!!
<b>ValenWine's Party</b> with Dylan Lock Sponsor King Place Retirement	Thurs Feb 14 1:30 - 3:30pm	Comm Hall	\$8 members \$10 guests	Come show your love, whether it's to your partner or your friends! It's a wine & cheese afternoon, with sweet treats thrown in for good measure! We dance and be merry!
<b>St Patrick's Day Luncheon &amp; Party</b>	Thurs Mar 14 2019 Noon	Comm Hall	\$15	Come out to celebrate the Irish! It's our annual St Pat's Party. It's magically delicious!! There will be a fantastic Hot Lunch and great entertainment. Check back here for updated information and more details.
<b>Annual General Meeting &amp; Luncheon</b> Sponsored by Atherton Financial	Wed Mar 27 2019 Noon Lunch Meeting	Comm Hall	No Charge Guest \$8	The AGM is a great opportunity to learn more about your organization, to hear about the accomplishments and challenges of 2018 and the plans for 2019. The meeting is usually short, the lunch is always delicious and our Guest Speaker will be announced in next few weeks.
<b>55 Alive Driver Refresher Course</b> with Paul Hamelin	<b>Spring date TBD.</b> Sign interest sheet & we will notify you of	Comm Hall	\$30	Paul reviews rules of the road and covers issues relevant to 55+ drivers. Paul makes the course interesting and entertaining. Includes course, book, coffee breaks and lunch. All welcome. Pre-registration required at reception desk.
<b>Spring Fashion Show</b> Sponsored by Atherton Financial	Tues May 28 Doors Open 12:30 Showtime 1:30	Comm Hall	\$15  \$20 after May 21	<b>We are looking for 30 women &amp; men members to model the latest arrivals from North Simcoe's best retailers!</b> Volunteer models pls register at reception <b>after April 1</b> and must be available to attend one mandatory practice from 9-11am on Thur May 23.
<b>TAG DAYS</b>	Fri May 17 & Sat May 18 2019	Various Locations in	We collect \$\$	Pls save the date to volunteer for a 2 hour shift at various locations around Midland. You accept coins from community members. It's fun!

EDUCATIONAL SESSIONS	Date	Location	Price	Details & REGISTRATION information.
<b>BABYBOOMER INTERVIEWS</b> with High School Students	Fri Jan 11 2019 1 pm	various	N/C	Pls register if you have an hour to share your youth experiences with students from Mr Jenkinson's Gr 10 students. It's valuable to the students and fun for you too!
<b>Cell Phone Workshops with students @ GBDSS</b>	Last Thursday of the month 10:30 am	Park off Ger-vais St & enter front of school	N/C	Bring your cell phone, tablet or laptop for one-on-one sessions with students who have mastered these devices. <b>Please register</b> at reception for planning purposes.
<b>New (&amp;Old) Member Orientation</b>	<b>Tues Feb 5</b> 9:30 am	Vi Kennedy	N/C	All welcome to come hear about our policies, programs, events and volunteering. Ask questions of staff. Meet other members.
<b>Italian Cooking with Pat O'Dell</b> Sponsored by Maurice ValuMart	Wed Feb 6 Noon	Kitchen	\$25	The menu will include traditional Italian fare. Pat provides all recipes, time-honoured tips and tricks. Everyone cooks, eats & has fun.
<b>Heads Up for Healthier Brains</b> with Erika Rice	Fridays Feb 8 – Mar 1 10 – noon	Margaret Scott Room	N/C	Learn facts & practical strategies to improve brain health & reduce risk of dementia. This series is no charge, but you must register with Kristin Flood 705-722-1066 or email Simcoecounty@alzheimersociety.ca.
<b>HELP with Electricity Costs</b>	Wed Feb 13 1:30 - 2:30	Multipurpose Room	N/C Free coffee!	Blaire Osmond, Newmarket Tay Hydro, will update us on the most recent energy & cost-saving programs, some that benefit <u>all</u> customers (not just lower or fixed income households). Application forms will be available. Please register by Mon Feb 11. All Welcome!
<b>Emergency First Aid &amp; CPR/AED Training</b>	Wed Feb 20 9am - 4pm	BT	\$40	This is the most affordable First Aid & AED/CPR course you will find. Includes mandatory \$20 manual & pocket guide and coffee/tea breaks. Bring your own lunch or slip out to buy it. Please sign up at the reception desk. Instructor Jeff Inglis makes this course fun.
<b>Indian Cooking with Alasdair</b> Sponsored by Maurice ValuMart	Wed Feb 27 Noon	Kitchen	\$25	Prepare it, cook it, eat it and take home left-overs. This is a fun way to learn traditional cooking secrets and about exotic spices.
<b>Fraud Prevention with Constable Sherri Golds</b>	Fri Mar 8 9:30-10:30	Vi Kennedy Room	N/C	Come learn how to protect yourself from fraudsters. This may be the most important workshop you attend all year!
<b>Arthritis of the Spine Arthritis of the Hand</b> with Ingrid Beam.	Thurs Mar 7 Thurs Mar 28 1 pm—3:30	Margaret Scott Room	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.
Dealing with Chronic Pain with Zdenka Slama	Wed Mar 6 for 6 wks 1 - 3:30pm	Margaret Scott Room	N/C	If you live with a chronic condition or pain or look after someone with chronic pain - register To register call Zdenka at 705 526-3272. Receive a FREE book & relaxation CD.

**If you have suggestions for workshops or seminars, please let Judy know.  
We will try to accommodate your request!**





## \*NEW\* Belly Dance / Latin Dance Fusion Fitness Program

### IT'S A DROP-IN!

Professional Dance Instructor Dee Dee, will incorporate **Belly Dance and Latin Dance** into a fun, one hour fitness dance class! Learn Egyptian Belly Dance, Salsa, Merengue, Cha Cha and Bachata techniques.

**Thursdays 11:30 am - 12:30 pm**  
**\$5 drop-in fee starting Jan 17 2019**

Come try it out for **FREE** during our Open House Week (Jan 24) and see the class on stage at our Fri Jan 25 Open Variety Show at our Winterfest Celebration. (If you tried this in the fall, and found it too crowded, come try again. It's a drop-in, so no obligation!)

## New Beginner UKE Session starts Tues Jan 8 2019



**1 pm - 2 pm**

**Come learn to play the most fun instrument in the history of music!**

Steve Paskin gives Askennonia members at 10% discount at Johnstone's Music Land. He's got the perfect uke for you!

## COOKING CLASSES

**Italian Cooking with Pat O'Dell**  
 Feb 6 @ Noon \$25

**East Indian with Alasdair**  
 Feb 27 @ Noon \$25

Enjoy a meal together that you have made and then take home the left-overs! This program is sponsored by Maurice ValuMart! Thank you!!

Check our Facebook for more colour pics and detailed info about this and other programs.



## Event Sponsors 2018

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 705-526-5140

**PARKVIEW**

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 The Voice of Older Adult Centres  
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**Central Taxi Midland**  
 705-526-2626

**MIDLAND DENTURE CLINIC**  
 H. DINH, DD  
 315 MIDLAND AVENUE  
 MIDLAND, ONTARIO L4R 0K2  
 NON-FRI: 10:00AM - 4:00PM  
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 Tammie Ledlie C.T.C. TICO #50021282  
 705-719-0045 [tammie@tammiestravel.com](mailto:tammie@tammiestravel.com)

For a complete listing of our partners and sponsors, please see our website [www.askennonia.com](http://www.askennonia.com)



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

Drop-In Programs	Day/time	Loc.	Programs in <i>Italics</i> 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
Belly/Latin Fusion Dance	Thur 11:30	M	Dee Dee will teach both Belly & Latin Fusion Dance Fitness with Egyptian Belly Dance, Salsa, Merengue, Cha Cha and Bachata techniques. \$5 drop-in.	Dee Dee & Barb Marshal
Bid Euchre	Wed. 1-3:30 pm	VK	Friendly game of progressive Bid Euchre!	Gerry Peters
Canasta - Learn to Play	Mon & Thur 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	<i>Afternoon of friendship, entertainment (jokes, singing, dancing, etc) &amp; coffee/tea.</i> <b>**Open to Community**</b>	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	<i>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"</i>	Mike MacRae, Ross Tristram
Country Jam	Fri 1 pm	VK	<i>Come hear some of the best local musicians play favorites. Sing along or dance your afternoon away. All welcome. Enjoy the coffee break!</i>	Mike MacRae, Wayne Ferris & Ross Tristram
Cribbage	Wed 10—Noon	MS	15-2, 15-4 & 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. Gord for info @ 534-7378	Gordon McGregor
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
Let's Write	Mon 1:30—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 on Mondays.	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
Write Your Memoirs	Wed 2:30 pm	C	Learn to write your memoirs and leave a lasting, entertaining legacy using the creative writing skills of popular fiction authors. Wifi available.	Bev Hanna
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.	Art Hemming
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	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	2nd & 4th Tues 9-Noon Returns Mar 2019	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. Experienced carvers help beginners.	Ron Hunt, Herb Proudley & Larry Smith.



### 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.

### Bell Employee Giving Recognizes Volunteers!

Every year, Christine Nugent, our computer teacher, submits an application to the Bell Employee Giving Program for a grant to recognize Bell retirees' volunteer contributions here at Askennonia. Again, Christine's application for a \$2500 grant was successful. **THANK YOU** to Christine, Kathy, Gord, Wayne, Kim, Jackie and others whose volunteer hours are recognized.

Are you a retiree from a corporation that has an employee recognition program? Many corporations offer incentives for their retirees to do charitable work in the community. If you would like us to work with you on an application to your retiree association, please come and talk to Judy.





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

Program	Day/time	Where	Freq	Price	Comments
<b>PROGRAMS THAT REQUIRE A FITNESS CARD PRIOR TO PARTICIPATION (\$35-good for 10 visits to any programs below)</b>					
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	VK 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. <i>Danna makes it fun too!</i>
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	VK	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.
<b>PROGRAMS THAT REQUIRE REGISTRATION AT RECEPTION DESK PRIOR TO PARTICIPATION</b>					
Acrylic Painting	Thurs 1:30 pm	VK	Wkly	\$8/wk paid monthly	Pls see watercolour & acrylic below.
Book Clubs with Geri	3rd Tues of month 1:30 & 2:30	MS	Mnthly	\$1 drop-in	We have two groups that meet with Geri from the Midland Public Library, who leads the groups.
Card Making Workshops	Fri 1 pm	M	Wkly	\$6/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 <b>is on hiatus until we get wifi working in MS room.</b>	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 French Advanced Conversational Intermediate Conversational French Beginner	Mon 10 am-Noon Tues 11:15 am Mon 11 am	Held Offsite MS C	Wkly	*	Mon Advanced with <b>Cherifa Heintz</b> . Call 705-427-2030 for info. Tues Intermediate with <b>Helen Cheshire</b> . Building upon and expanding structures acquired at beginner level. Mon Beginner with <b>Denise Schreck</b> . Vocabulary & pronunciation, simple verbs & tenses, grammar & conversation. Holiday themes. Class sizes are limited to 10 max-registration req.
Flying Club- Radio Controlled Drones, Planes & Helicopters	Mondays 1-2 pm Starting mid-Oct	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	\$30 to RN	<b>Julie Loughran RN 705-528-0972</b> for appointment.
Indian Cooking with Alasdair MacLean	Wed Noon 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	Wed Noon 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.
Ukulele Lessons by Steve Paskin. Learn & join the band! <b>New beginner class in JAN</b>	Tues 1 pm Beg Thur 1 pm Band	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. Johnstone's Music downtown Midland provides 10% discount to people registered in our classes.
<b>VON SMART (Seniors Maintaining Active Roles Together)</b>	Monday Noon	M	Wkly	No Charge	<b>Call VON 705-355-2200 to register.</b> This VON program improves balance, core strength and reduces falls.
Watercolour and/or Acrylic Lessons	Thur 1:30pm	VK	Wkly	\$8/week paid monthly	Charmaine Marier, Erin Burton & Hazel Ferry instruct beginner & intermediate classes. Choose your medium and have fun!

### ARE YOU A BEGINNER?

Many of our programs are convened by volunteers who care about your enjoyment of the activity they deliver. Others are led by paid instructors. All our instructors try hard to ensure that new participants feel welcomed and have an opportunity to learn skills to gain proficiency in whatever program you engage. At the same time, long-time attendees need times to play or work with others at their same skill level. New members or beginners in every program are asked to speak with the convener to determine how new members are introduced to the activity. A main goal of our instructors is to ensure everyone has a safe, enjoyable time while partaking in the various activities here at the Centre. If conveners or members have suggestions or concerns, they are asked to please speak with Judy. Thanks!



Mon	Tue	Wed	Thur	Fri
<b>7</b> 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance VK & M <del>11 Beginner French C</del> 11:15 Video Exercise M <i>Noon VON SMART M</i> 1 Contract Bridge VK 1 Indoor Flying G 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	<b>8</b> <del>9 Computer Club MS</del> Waiting for wifi to be fixed. 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G 10 Quilting MPR 10 Hustle, Muscle & Stretch CH <b>11:15 Intermediate Conversational French MS</b> 11:15 Yoga CH <i>1 Country Jam VK</i> 1 Beginner Ukulele M <i>1:30 Coffee House C</i>	<b>9</b> 9 Table Tennis G 10 Line dance A & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 1 Bid Euchre A <del>1 Choir M</del> 1 Woodcarving A 1:30 Fun & Fit Circuit G 1:30 Badminton G 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	<b>10</b> 9 Walking Club 9 Zumba Gold VK <del>9-12 1 Hr Private Computer MS</del> 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set A 10:30 Beg 2 Handwriting C <del>11:30 Belly/Latin Dance M</del> 1 Ukulele Band M 1 Canasta MS 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	<b>11</b> <i>9 Foot Clinic</i> 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 <i>1 Country Jam VK</i> <b>1 Babyboomer Interviews with GBDSS students.</b>
<b>14</b> 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M <i>Noon VON SMART M</i> 1 Contract Bridge VK 1 Indoor Flying G 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	<del>15 9 Computer Club MS</del> 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G <del>9-12 Dietmar's Watch Clinic</del> <b>10 Board Meeting C</b> 10 Quilting M 10 Hustle, Muscle & Stretch CH <b>11:15 Intermediate Conversational French MS</b> 11:15 Yoga CH <i>1 Country Jam VK</i> 1 Beginner Ukulele M 1:30 & 2:30 Book Club MS	<b>16</b> 9 Table Tennis G 10 Line dance VK & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M <b>Noon PEEK AT PAST</b> 1 Bid Euchre VK <del>1 Choir M</del> 1 Woodcarving VK 1:30 Badminton G 1:30 Fun & Fit Circuit G 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	<b>17</b> 9 Walking Club 9 Zumba Gold VK <del>9-12 1 Hr Private Computer MS</del> 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK 11:30 Belly/Latin Dance M 1 Ukulele Band M 1 Canasta MS 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	<b>18</b> 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 <i>1 Country Jam VK</i>
<b>21 OPEN HOUSE WK</b> 9 Table Tennis G <del>9:15 ABC Fusion B</del> 10 Line dance VK & M 10 Advanced French MS 11 Beginner French C 11:15 Video Exercise M <i>Noon VON SMART M</i> 1 Contract Bridge VK 1 Indoor Flying G 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	<b>22 OPEN HOUSE WK</b> <del>9 Computer Club MS</del> 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G 10 Quilting M 10 Hustle, Muscle & Stretch CH <b>11:15 Intermediate Conversational French MS</b> 11:15 Yoga CH <i>1 Country Jam VK</i> 1 Beginner Ukulele M <i>1:30 Coffee House C</i>	<b>23 OPEN HOUSE WK</b> <b>Come try programs out!</b> 9 Table Tennis G 10 Line dance VK & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 1 Bid Euchre VK <del>1 Choir M</del> 1 Woodcarving VK 1:30 Badminton G 1:30 Fun & Fit Circuit G 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	<b>24 OPEN HOUSE WK</b> 9 Walking Club 9 Zumba Gold VK <del>9-12 1 Hr Private Computer MS</del> 9:30 Compassionate Comm B 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK 11:30 Belly/Latin Dance M 1 Ukulele Band M 1 Canasta MS 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	<b>25 Askennonia Winterfest Open House 10am-3pm</b> <b>Baked Beans &amp; Franks, Open Mic, Arts &amp; Crafts Show</b> <small>CH</small> <i>9 Foot Clinic</i> 9:30 Hustle/Muscle VK 9:30 Pickleball/Badminton G 10:45 Yoga VK 10 Knit & Chat M 11:15 Vid Exercise M 1 Card Making M <i>1 Country Jam VK</i>
<b>28</b> 9 Table Tennis G <del>9:15 ABC Fusion B</del> 10 Line dance VK & M 11 Beginner French C 11:15 Video Exercise M <i>Noon VON SMART M</i> 1 Contract Bridge VK 1 Indoor Flying G 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	<b>29</b> <del>9 Computer Club MS</del> 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G <del>9-12 Dietmar's Watch Clinic</del> 10 Quilting M 10 Hustle, Muscle & Stretch CH <b>11:15 Intermediate Conversational French MS</b> 11:15 Yoga CH <i>1 Country Jam VK</i> 1 Beginner Ukulele M	<b>30</b> 9 Table Tennis G 10 Line dance VK & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 1 Bid Euchre VK <del>1 Choir M</del> 1 Woodcarving VK 1:30 Badminton G 1:30 Fun & Fit Circuit G 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	<b>31</b> 9 Walking Club 9 Zumba Gold VK <del>9-12 1 Hr Private Computer MS</del> 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK <b>10:30 Cell Phone Training @ GBDSS —Pls register!</b> 11:30 Belly/Latin Dance M 1 Ukulele Band M 1 Canasta MS 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	 <b>New</b> <b>Winterfest</b> <b>day at</b> <b>Askennonia!!</b>

### Legend for Program Location

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

**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.**

Mon	Tue	Wed	Thur	Fri
<p align="center"><b><u>Legend for Program Locations</u></b></p> <p align="center">VK=Askennonia Auditorium B=Boys &amp; Girls Club  BT=Bill Thompson C=Creative Room CH=Community Hall G=Gym  M=Multipurpose Room MS=Margaret Scott Room UK=Upper Kitchen</p> <p align="center"><b>Bold means new program or meeting.</b>  <i>Italics = Open to Community &amp; no membership required.</i></p>				<p><b>1</b>  9:30 Hustle/Muscle CH  9:30 Pickleball/  Badminton G  10 Knit &amp; Chat M  10:45 Yoga CH  11:15 Video Exercise M  1 Card Making M  1 Country Jam VK</p>
<p><b>4</b>  9 Table Tennis G  9:15 ABC Fusion B  10 Line dance VK+M  11 Beginner French C  11:15 Video Exercise M  <i>Noon VON SMART M</i>  1 Contract Bridge VK  1 Indoor Flying G  <b>1 Scrabble C</b>  <b>1 Canasta MS</b>  1:30 Let's Write VK  1:30 Chair Yoga M  2:45 Chair Yoga 2 M</p>	<p><b>5</b>  <del>9 Computer Club MS</del>  9 Dance &amp; Tone Danna CH  <b>9:30 NEW MEMBER ORIENTATION VK</b>  9:30-11:30 Pickleball G  10 Quilting M  10 Hustle,Muscle&amp;Stretch CH  11:15 Intermediate Conversational French MS  11:15 Yoga CH  <i>1 Country Jam VK</i>  1 Beginner Ukulele M</p>	<p><b>6</b>  9 Table Tennis G  10 Line dance VK &amp; M  10 Cribbage MS  11:15 Video Exercise M  <b>Noon Italian Cooking w/ Pat K/C</b>  1 Bid Euchre VK  <del>1 Choir M</del>  1 Woodcarving VK  1-3 Badminton G  1:30 Fun &amp; Fit Circuit G  2:30 Write Your Memoirs MS  2:45 Chair Yoga M</p>	<p><b>7</b>  9 Walking Club  9 Zumba Gold VK  <del>9-12 1 Hr Private Computer MS</del>  9:30-11:30 Pickleball G  <b>9:30-10:30 INTRO TO PICKLE BALL</b>  10:15 Chair Yoga M  10:30 Tai Chi Set A  11:30 Belly/Latin Dance M  1 Ukulele Band M  1 Canasta MS  1:30 English Country Dance CH  1:30 Watercolour/Acrylic VK</p>	<p><b>8</b>  <i>9 Foot Clinic</i>  9:30 Hustle/Muscle CH  9:30 Pickleball/  Badminton G  10 Knit &amp; Chat M  <b>10-12 Healthy Brains MS</b>  10:45 Yoga CH  11:15 Vid Exercise M  1 Card Making M  <i>1 Country Jam VK</i></p>
<p><b>11</b> 9 Table Tennis G  9:15 ABC Fusion B  10 Line dance VK+M  11 Beginner French C  11:15 Video Exercise M  <i>Noon VON SMART M</i>  1 Contract Bridge VK  1 Indoor Flying G  <b>1 Scrabble C</b>  <b>1 Canasta MS</b>  1:30 Let's Write VK  1:30 Chair Yoga M  2:45 Chair Yoga 2 M</p>	<p><b>12</b>  <del>9 Computer Club MS</del>  <del>9-12 Dietmar's Watch Clinic</del>  9 Dance &amp; Tone Danna CH  9:30-11:30 Pickleball G  10 Quilting M  10 Hustle,Muscle&amp;Stretch CH  11:15 Intermediate Conversational French MS  11:15 Yoga CH  <i>1 Country Jam VK</i>  1 Beginner Ukulele M  <i>1:30 Coffee House C</i></p>	<p><b>13</b>  9 Table Tennis G  10 Line dance VK &amp; M  10 Cribbage MS  11:15 Video Exercise M  1 Bid Euchre VK  <del>1 Choir M</del>  1 Woodcarving VK  <b>1:30 Help with Hydro M</b>  1-3 Badminton G  1:30 Fun &amp; Fit Circuit G  2:30 Write Your Memoirs MS  2:45 Chair Yoga M</p>	<p><b>14</b> 9 Walking Club  9 Zumba Gold VK  <del>9-12 1 Hr Private Computer MS</del>  <b>9:30-10:30 INTRO TO PICKLE BALL</b>  9:30-11:30 Pickleball G  10:15 Chair Yoga M  10:30 Tai Chi Set A  11:30 Belly/Latin Dance M  1:30 WINE &amp; CHEESE CH  1 Ukulele Band M  1 Canasta MS  1:30 English Country Dance CH  1:30 Watercolour/Acrylic VK</p>	<p><b>15</b>  9:30 Hustle/Muscle CH  9:30 Pickleball/  Badminton G  10 Knit &amp; Chat M  <b>10-12 Healthy Brains MS</b>  10:45 Yoga CH  11:15 Vid Exercise M  1 Card Making M  <i>1 Country Jam VK</i></p>
	<p><b>19</b>  9 Computer Club MS  9 Dance &amp; Tone Danna CH  9:30-11:30 Pickleball G  <b>10 Board Meeting C</b>  10 Quilting M  10 Hustle,Muscle&amp;Stretch CH  11:15 Intermediate Conversational French MS  11:15 Yoga CH  <i>1 Country Jam VK</i>  1 Beginner Ukulele M  1:30 &amp; 2:30 Book Clubs M</p>	<p><b>20 9-4 Emergency First Aid and AED/CPR BT</b>  9 Table Tennis G  10 Line dance VK &amp; M  10 Cribbage MS  11:15 Video Exercise M  1 Bid Euchre VK  <del>1 Choir returns M</del>  1 Woodcarving VK  1-3 Badminton G  1:30 Fun &amp; Fit Circuit G  2:30 Write Your Memoirs MS  2:45 Chair Yoga M</p>	<p><b>21</b>  9 Walking Club  9 Zumba Gold VK  <del>9-12 1 Hr Private Computer MS</del>  9:30-11:30 Pickleball G  10:15 Chair Yoga M  10:30 Tai Chi Set A  11:30 Belly/Latin Dance M  1 Ukulele Band M  1 Canasta MS  1:30 English Country Dance CH  1:30 Watercolour/Acrylic VK</p>	<p><b>22</b>  <i>9 Foot Clinic</i>  9:30 Hustle/Muscle CH  9:30 Pickleball/  Badminton G  10 Knit &amp; Chat M  <b>10-12 Healthy Brains MS</b>  10:45 Yoga CH  11:15 Vid Exercise M  1 Card Making M  <i>1 Country Jam VK</i></p>
<p><b>25</b>  9 Table Tennis G  9:15 ABC Fusion B  10 Line dance VK+M  11 Beginner French C  11:15 Video Exercise M  <i>Noon VON SMART M</i>  1 Contract Bridge VK  1 Indoor Flying G  <b>1 Scrabble C</b>  <b>1 Canasta MS</b>  1:30 Let's Write VK  1:30 Chair Yoga M  2:45 Chair Yoga 2 M</p>	<p><b>26 NO GYM</b>  9 Computer Club MS  9 Dance &amp; Tone Danna CH  <del>9-12 Dietmar's Watch Clinic</del>  <del>9:30-11:30 Pickleball G</del>  10 Quilting M  10 Hustle,Muscle&amp;Stretch CH  11:15 Intermediate Conversational French MS  11:15 Yoga CH  <i>1 Country Jam VK</i>  <i>1:30 Coffee House C</i>  1 Beginner Ukulele M</p>	<p><b>27</b>  9 Table Tennis G  10 Line dance VK &amp; M  10 Cribbage MS  11:15 Video Exercise M  <b>Noon Indian Cooking w/ Alasdair K/C</b>  1 Bid Euchre VK  1 Choir returns—Meet &amp; Greet—All welcome M  1 Woodcarving VK  1-3 Badminton G  1:30 Fun &amp; Fit Circuit G  2:30 Write Your Memoirs MS  2:45 Chair Yoga M</p>	<p><b>28 NO GYM if 26th was a Snow Day</b>  9 Walking Club  9 Zumba Gold VK  <del>9-12 1 Hr Private Computer MS</del>  9:30-11:30 Pickleball G  10:15 Chair Yoga M  10:30 Tai Chi Set VK  <b>10:30 Cell Phone Training @ GBDSS —register at reception</b>  11:30 Belly/Latin Dance M  1 Ukulele Band M  1 Canasta MS  1:30 English Country Dance CH  1:30 Watercolour/Acrylic VK</p>	<p><b>Mar 1</b>  9:30 Hustle/Muscle CH  9:30 Pickleball/  Badminton G  10 Knit &amp; Chat M  <b>10-12 Healthy Brains MS</b>  10:45 Yoga CH  11:15 Vid Exercise M  1 Card Making M  <i>1 Country Jam VK</i></p>