



East Gwillimbury 55'n UP Club

Club Newsletter for July 2022

MISSION STATEMENT

Enhance the dignity and quality of life for Senior Citizens in our community and support their independence and inclusion by encouraging the establishment of a range of programs and opportunities to meet their diverse needs through a seniors' association.



A Message from our President - Bill Potts:

Hi Everyone

July is the start of our 2022/23 fiscal year. Let's make it a great one. Your membership fee is now due.

I hope everyone is staying safe and well. I have been on vacation for the past 4 weeks, but it looks like The Club had lots going on while I was away.

I thank George, our vice-president, for taking over in my absence.

I have been trying to catch up on everything that took place while I was gone.

The "Queen's Jubilee Tea" and the "Trunk and Bake Sale" appear to have been a great success. I hope the latter didn't get rained on. I did watch the Trooping of the Colours ceremony on television for the Queen's Jubilee while I was in the U K, and it was very impressive. They certainly know how to hold a parade.

In June, we were able to introduce a class for Chromebook computers. I hope many of you took advantage of this. It was quite noticeable during the COVID lock down, while we were trying to start virtual programs, that majority of us need help in this field.

Bill.

Activities, Programs and Events Last Month

The June ANNUAL GENERAL MEETING was held in the Canada Hall on June 16th with very good attendance. This was your chance to meet and welcome who you chose to represent you on the 2022/2023 board. All the Executive Board members were sworn in and introduced to the full membership even though the intermittent microphone made it hard to hear at times.

In The Loft

The Loft was the place to be to celebrate our monarchy. The Queen's Jubilee High Tea was a great success and attended by over 20 ladies in "fascinators" and special garb.



The Parking Lot

The Parking Lot was the venue for EG Community bargain hunters. Lots of folks came to find something they could cherish and buy for next to nothing while many also arrived with their cherished goods with the hope of turning them over to new owners (for a little cash of course). This was a joint venture with The Holland Landing Lions Club. The Lions prepared affordable breakfast and lunch for all while the 55 'n UP Club sold baked goods to salivating patrons.



Tech Help Session

This month we held our first in-person tech help session. Catherine from the Library was nice to come out and show us how to use some of the amazing features the Chromebook offers. Those who were able to attend found it very educational. We look forward to having Catherine back in the fall for some more sessions!

Announcements

Below is some important information for our members.

2022 – 2023 Membership Fees now Due

As you may know, the Club's fiscal year is from July 1st to June 30th and membership renewal fees are due. For those members who have not paid their renewal, please submit your payment \$20.00. To make it easier for members to make payments for anything the Club offers (i.e., annual dues, events, etc.), we are now able to accept electronic fund transfers. Here are three ways to make any payments:

1. Electronic Funds Transfer (eft) send to:
eg55clubtreasurer@gmail.com, Please make sure you put your name and what for in the comment section to ensure you get credited with your payment as the funds go straight into our bank account.
2. By Cheque – make out to East Gwillimbury 55'n UP Club and mail to:
EG 55'n Up Club Treasurer, 1914B Mount Albert Rd., Sharon, ON
L0G 1V0.
3. Bring cheque or cash to The Loft Tuesday, Wednesday or Thursday.

Many of you have already paid (you know who you are and so do we!). We really appreciate your attention to this and value you as members. Your fee ensures that we can continue to support the many, many programs we have.

On behalf of the entire board, thank you very much.

The Loft – Summer Hours

The Loft will be open for member use Monday to Friday but will have volunteers only on Tuesday, Wednesday and Thursday. This means hot beverages and snacks will be available only on those "volunteer days". Help yourself to a cool drink on "off volunteer days".

July 2022

* = Only cold refreshments available during this social time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	1
<p>*Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Bridge The Loft 1 to 3 p.m.</p>	<p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p>	<p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Blood Pressure Clinic The Loft 11:30 a.m.</p> <p>Bingo The Loft 1 to 3 p.m.</p>	<p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Euchre The Loft 1 to 3 p.m.</p>	<p>Canada Day No Activities</p>
4	5	6	7	8
<p>*Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p>	<p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Euchre/Bridge The Loft 1 to 3 p.m.</p>	<p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Darts The Loft 1 to 3 p.m.</p>	<p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Bingo The Loft 1 to 3 p.m.</p>	<p>*Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p>

<p style="text-align: right;">11</p> <p>*Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p>	<p style="text-align: right;">12</p> <p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Euchre/Bridge The Loft 1 to 3 p.m.</p>	<p style="text-align: right;">13</p> <p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Darts The Loft 1 to 3 p.m.</p>	<p style="text-align: right;">14</p> <p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Bingo The Loft 1 to 3 p.m.</p>	<p style="text-align: right;">15</p> <p>*Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p>
<p style="text-align: right;">18</p> <p>LOFT CLOSED IN THE MORNING.</p>	<p style="text-align: right;">19</p> <p>LOFT CLOSED IN THE MORNING.</p> <p>Club BBQ North Union Hall 12 to 3 p.m.</p>	<p style="text-align: right;">20</p> <p>LOFT CLOSED IN THE MORNING.</p> <p>Darts The Loft 1 to 3 p.m.</p>	<p style="text-align: right;">21</p> <p>LOFT CLOSED IN THE MORNING.</p> <p>Bingo The Loft 1 to 3 p.m.</p>	<p style="text-align: right;">22</p> <p>LOFT CLOSED IN THE MORNING.</p>
<p style="text-align: right;">25</p> <p>*Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p>	<p style="text-align: right;">26</p> <p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Euchre/Bridge The Loft 1 to 3 p.m.</p>	<p style="text-align: right;">27</p> <p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Darts The Loft 1 to 3 p.m.</p>	<p style="text-align: right;">28</p> <p>Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p> <p>Bingo The Loft 1 to 3 p.m.</p>	<p style="text-align: right;">29</p> <p>*Drop-in Social The Loft 9 a.m. to 12 noon</p> <p>Walk Inside/Outside 9 to 10 a.m.</p>

Activities, Programs and Events in July

Activities

PLEASE NOTE:

Some programs will be suspended over the summer months. Watch for calendar updates.

PLEASE NOTE:

To help our planet and be environmentally friendly, we encourage our members to **please bring a mug/cup for their coffee/tea** to eliminate the need for Styrofoam cups.

Bingo

Come out and enjoy a friendly game of bingo. Cards are 50 cents each, maximum 4 cards per person. We'll play some games and have a bit of a social with the last game of the afternoon being a full card with the winner(s) taking/sharing the pot.

Bridge

A partnership card game invented in the early 1600's from the original trick game of Whist. Come out and play or learn this game which is guaranteed to keep your brain working. All players welcome.

Darts

The favourite pastime of British pubgoers. We can bring that merriment to the Club but, at least for now, without the beer.

Drop-in Social

Members gather for a multitude of activities as well as a social get-together. Coffee and tea are available. Some of the popular activities are – games (Rummy-O, Scrabble, etc.); puzzles; card playing; knitting; crocheting; reading and milk bag-mat making (helping others overseas in an attempt to make their lives more comfortable).

Euchre

Although no one seems to know where it came from, euchre is one of the most popular card games. Come and connect with others who love the game for an afternoon of fun!

Walk

Come for a walk. Not only will you meet new people, but it is actually one of the best forms of exercise out there. Benefits include lower blood pressure and cholesterol; reduced risk for heart disease, diabetes and cancer; a brain booster; and believe it or not, a sleep aid!

55+ Chair Yoga – Town of EG Fitness Drop-In (This program will return in September)

This program is a gentle introduction to yoga for anyone needing extra support. It consists of 60 minutes of modified yoga postures done while sitting or standing beside a chair. The gentle movements help improve the function, mobility, and range of motion of the spine and other joints in the body. Some of the exercises stretch, release tension tight areas and strengthen such as the shoulders, neck, sides of the chest, hips, and lower back. Included breathing techniques help increase relaxation and reduce stress.

55+ Functional Fitness – Town of EG Fitness Drop-In (This program will return in September)

Join us for an hour of exercise includes a warm-up, cardio, balance exercises, strength training using weights and resistance bands (provided) and ends with a cool down. This class is a great way to tone and stretch your muscles, increase your energy and promote a healthy lifestyle. Our excellent instructor, Pat Wellman, will offer modifications to increase/decrease intensity as well as to help those with arthritis or injury.

Programs

DROP-IN TECH HELP

Tech Tuesdays at Mount Albert

1:30 – 3:00 p.m.

Tech Thursdays at Holland Landing

1:30 – 3:00 p.m.



Tech help is available from Library personnel for cell phones, computers, iPads, Tablets.

We do intend to host these in The Loft eventually but this will be a good start.

Tuesdays

Mount Albert Library

1:30 to 3:00

Thursdays

Holland Landing
Library

1:30 to 3:00

Events

East Gwillimbury Farmers' Market

Date: Every Thursday from May 19 to October 6, 2022

Time: 2 to 7 p.m.

Location: East Gwillimbury Civic Centre

Enjoy local fruit, vegetables, perennials, eggs, meat, cheeses, baked goods, honey, soaps, and much more while supporting our local businesses with minimal contact. Check out our [Farmers' Market](#) page for more information!

2022 Canada Day Event

Date: July 1, 2022

Time: 6 to 10 p.m.

Location: Mount Albert Lions Community Centre

Join us for a wide variety of entertainment for all ages. Stilt walkers, hockey circus show, hula hood show, LED show, live music, kid's activities, BBQ, and of course to end it off fireworks at 10 p.m.

Georgian Bay Boat Cruise

Date: July 12, 2022

Time: 8 to 4:45 p.m.

Join us for a Georgian Bay lunch cruise where we will be travelling by a luxury coach bus. Buffet lunch is included during the cruise. After the cruise we will visit Saint Marie among the Hurons.

Georgian Bay Boat Cruise



30,000 Islands

July 12th, 2022

What's Included:

- Travel by a luxury coach bus
- Spectacular 2 3/4 hour lunch cruise featuring the scenic shorelines of Georgian Bay.
- Buffet Lunch
- Visit to Sainte-Marie among the Hurons (Step back in time to 17th century Canada on Georgian Bay. Experience Ontario's oldest European community and one of Canada's National Historical Sites)

Cost:

EG 55'n UP Club Members: \$115
Non-members: \$125

Pick up:

8:00 a.m. EG Sports Complex
1914B Mount Albert Rd., Sharon
8:15 a.m. Royal Oak Court
40 Royal Oak Rd., Mount Albert

Drop off:

6:15 p.m. EG Sports Complex
6:30 p.m. Royal Oak Court

Registration Opens:

June 6th at 9:00am

Visit:
East Gwillimbury
Sports Complex

Call:
 (905) 478-3826

Online:
ca.apm.activecommunities.com
Program Code: 8831



EG 55'n Up Club – Great Canadian BBQ

Date: July 19, 2022

Time: 12 to 3 p.m.

Location: North Union Community Hall (2624 Boag Rd.)

Come on out and enjoy the fresh air, a delicious BBQ and play a game of bocce ball or feel like a kid again and sit on a swing!

Our menu consists of:

- Choice of main between Canadian Grilled Chicken Breast on a bun OR Canadian Bacon (also known as Peameal Bacon) on a bun
- Choice of side between hand-cut French Fries or freshly made Caesar Salad
- Choice of a Drink – water, iced tea or soft drink (coke, pepsi, diet of both, 7up or ginger ale)
- Ice cream treat

All this fun for just \$10.00 per person. Sign up with your choices and pay at the Loft (Tuesday/Wednesday/Thursday) or email your choices to Bonnie at eg55nupclub@gmail.com and pay via the options under “Announcements”.

To ensure our chef has enough food purchased, the deadline for signing up to attend the BBQ is Tuesday, July 12th.

EG 55'n Up Club BBQ

**July 19th from 12 to 3 p.m.
at
The North Union Hall
(2624 Boag rd)**

Cost: \$10 per person

MENU

Choice of Main

Canadian Grilled Chicken
Breast on a bun OR
Peameal Bacon on a Bun

Choice of Drink

Water, iced tea or soft
drink (coke, pepsi, diet of
both, 7up or ginger ale)

Choice of Side

Hand-cut French Fries or
freshly made Caesar Salad

**Please sign-up with your choices
in The Loft or email Bonnie at
eg55nupclub@gmail.com**



This Month's Birthdays

To all members celebrating birthdays in July best wishes and many happy returns!



Upcoming Activities, Programs and Events

Future Programs and Activities

Please give us input on what activities you would like (and would attend) to take place in The Loft.

Some things that have been mentioned are:

- Monthly potluck lunches
- Educational programmes (i.e., learning about our devices; income tax preparation, to name a few)

Please email Angie Pursley or Bonnie Alexander at eg55nupclub@gmail.com

Upcoming Bus Trip



St. Jacobs Market

August 25, 2022

| EAT AND DRINK | BATH AND BODY
| FOR THE HOME | FLORAL AND GARDEN
| HANDMADE BY ARTISANS | AND MUCH MORE!

Cost:

EG 55'n UP Club Members: \$45

Non - Members: \$50

What's Included

- Travel by a luxury coach bus
- Visit to Picard Peanuts - first family owned peanut farm in Ontario.

Please Note: Lunch is not included but you can find many spots to eat at the Market or in the Village.

Pick Up:

8:00 a.m. EG Sports Complex
1914B Mount Albert Rd., Sharon

8:15 a.m. Royal Oak Court
40 Royal Oak Rd., Mount Albert

Drop Off:

4:30 p.m. Royal Oak Court
40 Royal Oak Rd., Mount Albert

4:45 p.m. EG Sports Complex
1914B Mount Albert Rd., Sharon

Book your seat!

Registration opens July 18th @ 9:00am

Visit:

East Gwillimbury Sports Complex

call:

(905) 478-3826

Online at:

ca.apm.activecommunities.com

Program Code: 8832

EG
East Gwillimbury

COMMUNITY
PARKS, RECREATION
& CULTURE
Active By Nature

Members Who Need a Hug

Please advise Judith Closs at eg55nupclub@gmail.com of anyone who is suffering an illness, injury or loss. Judith will arrange for appropriate condolence cards etc. to be delivered on behalf of the Club. (All information will be strictly secure and not shared)

On the Lighter Side

Not long ago a merchant found a lot of monkeys that lived near a certain Village.

One day he came to the Village saying he wanted to buy these monkeys ! He announced that he would buy the monkeys at \$100 each

The Villagers thought that this man must be crazy - How can somebody buy Stray Monkeys at \$100 each ?

Still some People caught some monkeys and gave it to this merchant and he gave \$100 for each monkey.

This News spread like wildfire and People caught monkeys and sold them to the merchant.

After a few days, the merchant announced that he will buy monkeys at \$200 each.

The lazy villagers ran around to catch the whatever monkeys were left!

They sold the remaining monkeys at \$200 each

The merchant then announced that he will buy monkeys for \$500 each!

The villagers start to lose sleep!. They knew there were not many left. They caught the six or seven monkeys that were left and got \$500 each.

The Villagers were waiting anxiously for the next announcement.

Then the merchant announced that he was going on Holiday for a week, but when he returns, he will buy monkeys at \$1000 each!

He also said that his employee will be in charge and would take care of the monkeys he bought pending his return. The Merchant went on holiday!

The Villagers were frantic and very sad as there were no more monkeys left for them to sell at \$1000 each as was promised by the Merchant. Then the Merchant's Employee contacted them and told them that he would secretly sell them some monkeys at \$700 each.

The news spread like wildfire. As the Merchant promised on his return that he would buy monkeys at \$1000 each, they would achieve a \$300 profit for each monkey.

The next day The Villagers queued up near the Monkey Cage.

The Employee sold all the monkeys at \$700 each. The Rich bought monkeys in large lots. The poor borrowed money from money lenders and bought the rest of the monkeys!

The Villagers took care of their monkeys and waited for the Merchant to return!

However he never came back! After waiting as long as they could, they ran to find the employee, however he was nowhere to be found!

The Villagers then realized that they had been duped buying the useless stray monkeys at \$700 each, and were now unable to sell them!

This Monkey Business is now known as Bitcoin !

It will make a lot of people bankrupt and a very few people filthy rich in this kind of Monkey Business.

Contact Us

EG 55'n UP Club

Phone: 905-478-4283 ext. 1407

*Please leave a voicemail message and your call will be returned

General Club Email -

[Club Email](#)

President Bill Potts -

[President email](#)

Vice-President George Alexander -

[Vice-President email](#)

Treasurer Darlene Boots -

[Treasurer email](#)

Secretary Grant Campbell -

[Secretary email](#)

Facebook: <https://www.facebook.com/eg55nupclub/>

Town of East Gwillimbury

Recreation Office

leisure1@eastgwillimbury.ca

905-478-3826

**Recreation Coordinator and
Programmer for Seniors
Programs**

seniors@eastgwillimbury.ca

905-478-3826

Community Partners

