



# East Gwillimbury 55'n UP Club

## Club Newsletter for November 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

November, I hope you all had a wonderful thanksgiving. I see from now until Christmas your activities committee have many programs going for you. There is one more bus trip planned this year so let's fill the bus this time. Don't forget, if you know anyone that would like to come on these trips, let them know. See the poster in this newsletter.

I just want to remind everyone that your executive is always working for our club members. That you can see by all the work the activities group is doing this fall with new programs. If you have any questions don't hesitate to email any of your Executive Board Officers. Their addresses are at the end of the newsletter. We will reply and do our best to answer your questions.

There are plans in the works for a Christmas Dinner/Dance for The Club. More information will be in this newsletter.

Until next time stay safe

Bill

# Activities, Programs and Events in November

## Monthly Programs and Activities

“Lunch and Learns” – we’re expecting these will provide our members with good, quality information useful to everyone so we hope you’ll join us. We will host a lunch (reasonably priced at \$10 or less depending on the menu). Sign up and payment in advance will be required.

Movie Matinee – We will continue to show monthly viewings for your pleasure – complete with popcorn! Don’t forget to bring a cushion at least until we can purchase some new softer seats.

Tech Help Drop-in – we need your input. Watch your email for a survey on this topic.

Please email any comments or suggestions to Bonnie Alexander or Angie Pursley at [eg55nupclub@gmail.com](mailto:eg55nupclub@gmail.com)

## **Programs – Location in The Loft unless otherwise noted**

See below our EG 55’n UP Club Calendar and programs/events page for this month’s sessions.



# EG 55'n UP Club Calendar

## November 2022

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>Drop-In Social</b> 9 a.m. to 12 noon The Loft	<b>Drop-In Social</b> 9 a.m. to 12 noon The Loft	<b>Drop-In Social</b> 9 a.m. to 12 noon The Loft	<b>Drop-In Social</b> 9 a.m. to 12 noon The Loft	<b>Drop-In Social</b> 9 a.m. to 12 noon The Loft
<b>Walk</b> 9 to 10 a.m. Lobby	<b>Walk</b> 9 to 10 a.m. Lobby	<b>Walk</b> 9 to 10 a.m. Lobby	<b>Walk</b> 9 to 10 a.m. Lobby	<b>Walk</b> 9 to 10 a.m. Lobby
<b>Drop-in</b> <b>55+ Functional Fitness</b> 10 to 11 a.m. Canada Hall	<b>Drop-in</b> <b>Move Your Body</b> 10 to 11 a.m. Canada Hall	<b>Drop - in</b> <b>Chair Yoga</b> 10 to 11 a.m. Canada Hall	<b>Granny Squares</b> 9:30 to 12 noon The Loft	<b>Drop-in</b> <b>55+ Functional Fitness</b> 10 to 11 a.m. Canada Hall
<b>Open for Suggestions</b> 1 to 3 p.m. The Loft	<b>Bingo</b> 1 to 3 p.m. The Loft	<b>Darts</b> 1 to 3 p.m. The Loft	<b>Drop - in</b> <b>Line Dancing - All Levels</b> 10 to 11 a.m. Canada Hall	<b>Ping Pong</b> <b>All Levels</b> 1 to 3 p.m. The Loft
		<b>Euchre All Levels</b> <b>7 p.m. to 9 p.m.</b> The Loft	<b>Euchre and Bid Euchre</b> <b>All Levels</b> 1 to 3 p.m. The Loft	




**Matinee Movie**  
**"Top Gun"**  
 Thursday November 3rd  
 Time: 2 p.m.  
 Location: Canada Hall  
 Cost: **\$0.00**


**Workshop**  
**Monday, November 7th**  
 Time: 11:30 to 12:30  
 Location: The Loft  
**Julia Jackson Routes**  
 (Partnering with Volunteers for travel)  
 Cost: \$0.00

**Workshop**  
**Wednesday, November 9th**  
 Time: 7:00 to 9:00 P.M.  
 Location: The Loft  
**Paint Night with**  
**Judy Horan**  
 Cost: **\$35**  
 Registration required

**Workshop**  
**Monday, November 21st**  
 Time: 11:30 to 12:30  
 Location: The Loft  
**Holiday Card Making**  
 with  
**Ann Bennington**  
 Cost: **\$6.00**  
 Registration required



**Lunch & Learn**  
**Tuesday Nov 22nd**  
 Time: 12:30 to 3 p.m.  
 Location: Canada Hall  
 Topic: **"Taking Care of You"**  
**Vaughn Community Health Ctr.**  
 Menu/Cost: Curried Carrot Soup  
 Cold Cut Sandwich  
 Veggie Option  
 Bottled water  
**\$5.00**




**Blood Pressure Clinic**  
**Wednesday, November 30**  
 Time: 11:30 to 12:30 p.m.  
 Location: The Loft  
**Monthly Educational**  
**Component**  
**"Fit for Minds"**

**Mark Your Calendars – Next General Members Meeting Thursday, November 17<sup>th</sup>, 12 pm.**

We had really positive feedback from our last general meeting about the guest speaker and the new format. There was a great turnout with nearly 60 members attending.

At the November meeting we will have a really interesting presentation from two renowned photographers. They will share beautiful images and amazing and funny stories about their adventures in India. Leif and Dass have been to India many times and, in 2019, took a group of professional photographers there for an incredible experience photographing the wonders of that country. You won't want to miss this!

We will also be serving a light lunch. To make sure we order enough food, we will be sending out an invitation early in November so you can let us know if you can attend.

Please save the date, Thursday, November 17<sup>th</sup>, 12 p.m. in the Canada Hall.

**General Membership  
Meeting**

**Thursday, November 17th**

**Time: 12:00 Lunch**

**1:00 Meeting**

**Location: Canada Hall**

**Registration required  
for lunch to ensure quantities  
are adequate.**

## Activities

### 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.

### Bid Euchre

Want to learn how to play bid euchre? It's a little like euchre and a little like bridge but not hard to learn. It is extremely popular with all age groups.

### Ping Pong

Over the summer, we received a donation of a brand-new ping-pong table! We're hoping there will interest enough to hold a ping-pong tournament.

### Granny Squares

We hope you will join us on Thursdays in the loft for a morning of crochet and knitting. Bring your projects, ideas, suggestions to this session for yarn enthusiasts of all kinds. Let's share ideas, learn from each other and have fun doing it. This is a new group so please bring your ideas and suggestions for what you would like to do, any group projects you might be interested in exploring as well as anything you've got going that you would like to work on.

Hosted by Jill Hefley, a moderate but enthusiastic crocheter, we hope to see you at The Loft on Thursday mornings from 9:30 to 12 p.m.

### 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.

### 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! **Don't forget there is a new Euchre time** on Wednesday evenings with \$\$prizes.

## **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+ Functional Fitness – Town of EG Fitness Drop-In**

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.

## **55+ Chair Yoga – Town of EG Fitness Drop-In**

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.

## **Move Your Body – Town of EG Fitness Drop-in**

Join our instructor for a fun, dynamic workout geared to your fitness level and ability. This program incorporates resistance bands, kettlebells and hand-held weights for a low-impact muscle-conditioning workout designed to help improve strength, mobility, and flexibility. As the program progresses, you'll try new exercises and build on your progress.

## **Line Dancing – Town of EG Fitness Drop-in**

Our instructor will walk you through the steps of traditional and country line dancing. All levels welcome.

### **Town of EG Fitness Drop-In Information**

The EG 55'n UP Club member price for drop-in fitness programs is \$8 per class or one use of an Active EG Fitness Pass. Active EG Fitness Passes cost \$40 for Club members and are redeemable for 8 drop-in program visits. Passes can be purchased at the front desk of the Recreation Office located at the East Gwillimbury Sports Complex. Please show your Membership Card to assure those at the counter that you are indeed a member of The Club.

**Those members who have not received their 2022/23 Membership Cards, you can pick them up at The Loft. Please do so at your earliest convenience.**

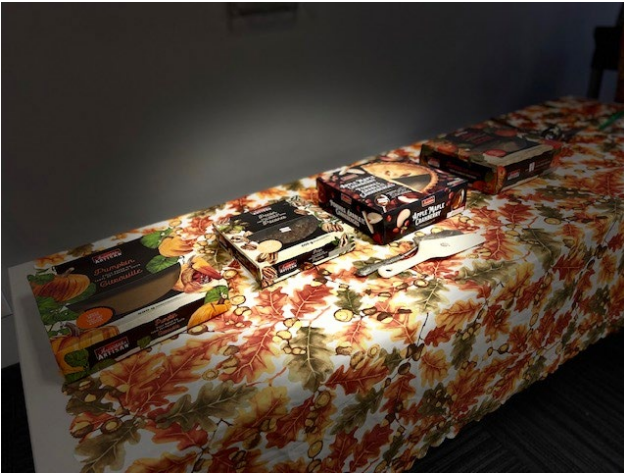
Please visit our website for further details: <https://www.eastgwillimbury.ca/dropins>



## Activities, Programs and Events Last Month

### Pie and Ice Cream Social

August's Ice Cream event was so much fun we decided to do it again, except with Pie as well this time.



### Movie Matinee

The "King's Speech" brought a good audience to enjoy the show and, of course, the popcorn. Many thanks to Revera for that.



# Town Update (Jamie)

Hi Everyone,

As always, we encourage you to keep an eye out on our Town website and Facebook page for updates on registered programs and upcoming Town events. Some exciting events coming up this month include, Remembrance Day service, EG Tree Lighting Ceremony, and the Santa Claus Parade.

You will see below the poster for our last bus trip of 2022! We are going to enjoy a nice buffet lunch and matinee show at the Herongate Barn Theatre! I'll be there, so I hope you can join me 😊.

Kind Regards,

Jamie

**55+ Herongate Theatre** 

**SHOW:** *Funny Money* *Bus Trip*  
By Ray Cooney Pickering, ON  
2 p.m.

**EG 55+ Up Club**  
Member **\$90**  
Non - Member **\$95**  
Registration Closes **November 20th**

**Pick Up:**  
**10:30 a.m.**  
EG Sports Complex  
1914B Mount Albert Rd., Sharon  
**10:45 a.m.**  
Royal Oak Court  
40 Royal Oak Rd., Mount Albert

**Drop Off**  
**5:15 p.m.**  
Royal Oak Court  
**5:30 p.m.**  
EG Sports Complex  
*\*Drop off times are approximate*

**SUNDAY, DECEMBER 4TH, 2022**

**What's Included:**

- Buffet Lunch in theatre dining room with piano entertainment
- Theatre show, comedy, *Funny Money* (accessible seating available)
- Travel by a luxury Coach Bus

**Book your seat!**

- 👤 In person at EG Sports Complex
- 🌐 Online at [www.eastgwillimbury.ca/ireg](http://www.eastgwillimbury.ca/ireg) | Program Code: 8998
- ☎ Call (905)478-3826

## Save the Date!

### Christmas Dinner/Dance

**Friday, December 16<sup>th</sup>**, Save the Date! Plans and details are still in motion so keep an eye out for future advertisement regarding this exciting event! More information to come.

### This Month's Birthdays

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



### Members Who Need a Hug

Please advise Judith Closs at [eg55nupclub@gmail.com](mailto: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

Now that I'm "older", here is what I've discovered:

- I started out with nothing, and I still have most of it.
- My wild oats have turned into All Bran.
- I finally got my head together; now my body is falling apart.
- Funny, I don't remember being absent-minded....
- If all is not lost, where is it?
- It is easier to get older than it is to get wiser.
- The only time the world beats a path to your door is when you're in the bathroom.
- If God wanted me to touch my toes, he would have put them on my knees.
- It's not hard to meet expenses.....they're everywhere
- These days, I spend a lot of time thinking about the hereafter....I go somewhere to get something then wonder what I'm here after.

# Contact Us

## EG 55'n UP Club

Phone: 905-478-4283 ext. 1407

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

<b>General Club Email -</b>	<a href="#">Club Email</a>
<b>President Bill Potts -</b>	<a href="#">President email</a>
<b>Vice-President George Alexander -</b>	<a href="#">Vice-President email</a>
<b>Treasurer Darlene Boots -</b>	<a href="#">Treasurer email</a>
<b>Secretary Grant Campbell -</b>	<a href="#">Secretary email</a>

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

## Town of East Gwillimbury

### Recreation Office

[leisure1@eastgwillimbury.ca](mailto:leisure1@eastgwillimbury.ca)

905-478-3826

### Recreation Coordinator and Programmer for Seniors Programs

[seniors@eastgwillimbury.ca](mailto:seniors@eastgwillimbury.ca)

905-478-3826

## Community Partners

