



NEWS AND VIEWS

2026 JULY, AUGUST, SEPTEMBER ISSUE

SOUTH PICKERING SENIORS' CLUB
Seniors' Activity Centre
910 Liverpool Rd., South
PICKERING, ON L1W 2S6

Website: www.spsc753.com
Editor: Bea McCullough
Email: mcculloughbea107@gmail.com
Telephone: (905) 420-5049

SOUTH PICKERING SENIORS' CLUB EXECUTIVE

	President – Ed Fry	
Vice President – Dinah Bigioni		Director of Finance – Iona Borg-Fry
Director of Administration – Bea McCullough		Director of Trips – Loida Woodford
Director of Activities – Suzanne Pacholzuk		Director of Membership – Ann Picton
Director of Communications – France Cooper		Director of Special Events – Gerry Goudie
Director of Asset Management – Cal Cooper		Director of Technology – Tim Chapman
Director at Large – Norm Harpe		Director at Large – Evelyn Humphries

Well, it looks like a slow start to summer. But lets hope for the best!

The Blood Pressure Clinic is on hold for July and August and should restart in September. Unfortunately, our regular technician will no longer be doing the blood pressures, there will be a new technician. Many thanks to Janis for years of service.

Regarrding the items we collect in our cloak room, we still collect glasses, but not the cases. The person who collects the glasses just throws them away. Battery collection is on hold until the Fall. The City of Pickering will advise us when the programme will resume.

Please read the President's Message. It is lengthy, but worth the read.

SEPTEMBER IS MEMBERSHIP RENEWAL MONTH!

PRESIDENT'S MESSAGE

A FEEL-GOOD STORY OF OUR GENERATION

We are often called “the elderly,” but that quiet label hides a truth most people rarely pause to consider, we are the last living witnesses to a world that no longer exists. Look closely at us and you might see gray hair, slower steps, or the quiet patience that time teaches. But if you truly listen to our story, you will realize something extraordinary. We are not simply older people moving through the final chapters of life. We are the survivors of a breathtaking transformation in human history, a generation that walked from the slow rhythm of an analog world into the dazzling speed of a digital one without losing our sense of humanity along the way. Our journey began in a very different world.

Many of us were born in the 1920s, 1930s, 1940s, 1950s, and early 1960s, when the scars of World War II were still fresh and the world was trying to rebuild itself. Cities were rising again from rubble, families were learning how to hope after years of uncertainty, and childhood unfolded in ways that would feel almost unrecognizable to younger generations today.

Our toys were simple. We played marbles in dusty yards and hopscotch on cracked sidewalks. We gathered around kitchen tables to play checkers and cards while the smell of dinner filled the house. When the streetlights flickered on in the evening, it was the universal signal that childhood adventures were over for the day, and it was time to go home.

There were no smartphones. No streaming videos. No endless scroll of digital distractions. Instead, we guild our memories in the real world---with scraped knees, laughter echoing down neighbourhood streets, and friendships that formed face to face.

Music became one of the defining soundtracks of our youth. The 1960s and 1970s arrived like a wave of colour and rebellion. We watched as culture shifted around us, carried by electric guitars and voices that dared to question the world. For many of us, gatherings like the legendary Woodstock Festival of 1969 symbolized something powerful: the belief that peace, music, and community could reshape the future.

Hundreds of thousands of young people stood together in muddy fields, listening to artists who poured raw emotion into towering speakers known as the Wall of Sound. Those concerts were not just entertainment—they were moments when strangers felt like a single generation singing the same hope under an open sky.

Education looked different then too. Our notebooks were filled with handwritten notes carefully copied from chalkboards. Research required patience, libraries, and stacks of heavy books rather than a quick internet search. We learned to slow down and think through ideas because information did not arrive instantly. Mistakes were corrected with erasers and ink. Not with the click of a “delete” button.

We fell in love while vinyl records spun on turntables and cassette tapes clicked softly inside plastic players. Music became the background to first dances, long conversations, and dreams about the future. Those relationships grew into marriages, families, and lives built step by step

through the 1980s and 1990s, decades that say technology begin to reshape the world around us.

Yet nothing compares to the bridge our generation has crossed. We are the only generation to have experienced an entirely analog childhood and a fully digital adulthood.

We remember waiting days—or even weeks—for handwritten letters to arrive in the mail. We remember rotary telephones and party lines where neighbours could accidentally overhear conversations. Communication required patience and anticipation. Today, we can see the faces of loved ones across the ocean instantly on a screen small enough to fit in a pocket.

The world changed in ways few could have imagined. We watched humanity land on the Moon in 1969 (first time ever!), a moment when millions of people sat in living rooms staring at black-and-white televisions as Neil Armstrong took humanity's first steps on another world. We saw the rise of personal computers, the birth of the internet, and eventually the arrival of smartphones that placed entire libraries of knowledge in our hands.

Machines that once filled entire rooms now exist on devices lighter than a paperback book. We moved from punch cards and mechanical tools to artificial intelligence and global networks connecting billions of people instantly.

And through every shift, we adapted. Our bodies carry the marks of the times we lived through as well. We grew up during fears of polio and tuberculosis, illnesses that once terrified entire communities before vaccines helped bring them under control. We witnessed the global challenges of pandemics and health crises across decades, including the recent silence and uncertainty of COVID-19, which reminded the world that resilience is still required in every generation.

Science itself transformed before our eyes. We saw the discovery of the structure of DNA, the decoding of the human genome, and the early steps into gene therapy and advanced medicine. Transportation evolved from simple bicycles and steam engines to hybrid vehicles and electric cars gliding almost silently through city streets. Few generations have witnessed such sweeping change. And yet, despite everything that evolved around us,, certain things remain unchanged. We still understand the joy of a cold glass bottle of lemonade on a hot afternoon. We still remember the taste of vegetables picked straight from a garden. We still know the value of a long conversation that unfolds slowly without a keyboard or screen interrupting it.

Our memories stretch across decades. We have celebrated births, mourned losses, watched friends depart, and carried their stories forward. Those who remain share something rare: the experience of standing at the crossroads of history, holding memories from a world that younger generations know only through photographs and stories.

But we are not relics. We are living bridges. Our perspective reminds the modern world that progress does not have to erase wisdom. The speed of technology does not have to replace patience, kindness, or reflection. We remember what life felt like before everything moved so fast—and that memory carries quiet lessons worth sharing. So when someone calls us “elderly”, we can smile. Because behind that word lies something extraordinary. We are the generation

that crossed two centuries, witnessed eight decades of transformation, and walked from the age of handwritten letters to the era of artificial intelligence.

What a life we have lived.

What a remarkable story we continue to carry.

And if you belong to this generation, take a moment today to look in the mirror and recognize something powerful.

You are not simply growing older.

You are living history.

You are part of a generation that will always remain one of a kind.

And perhaps, in the quietest and most meaningful way, you are becoming legendary.

Ed Fry

President

SCAMS

SCAMS

SCAMS

SCAMS

ROMANCE SCAMS

This is one of the top 5 scams targeting Canadians. Scams are one of the fastest growing crimes in Canada. Only 10 to 15% of fraud cases are reported.

Also known as pig-butcher by scammers, it is a scheme that involves scammers taking a long-term approach to build trust. Fraudsters may cultivate an online relationship over weeks or months before luring victims into what appears to be a legitimate investment opportunity. The term comes from the practice of fattening up pigs before getting slaughtered.

The long-term scam starts off with fraudsters contacting targets on dating apps or social media. The scammers will then develop a relationship and slowly gain the person's trust. The scammer, claiming to be a cryptocurrency investor, will eventually introduce the target to an investment opportunity.

To gain the victim's trust, the scammer may let their target cash out some of their initial investment returns to convince the person to invest more money. The scammer will also pretend to coach the victim to invest more on a fraudulent crypto platform.

In some cases, they may even show fake returns on screen to build credibility. But once the larger amount has been invested, the whole thing crumbles and victims are out thousands of dollars.

Scammers are reportedly using AI-generated profiles on dating apps to lure victims, along with chatbots trained on the target's interests and romance novels to woo victims.

How to spot red flags in online dating

Love bombing – This is a tactic used to quickly build trust by overwhelming the target with affection and attention. Online daters should look out for excessive flattery, attention and compliments up front, declaration of love merely days after meeting, and quickly making future plans.

Making excuses to never meet – The person might always be too busy or always have an excuse to never meet. They may set up an in-person meeting, then cancel it.

Sob stories and emergencies – Scammers often use dramatic emergencies to try to get sympathy, like a sickness with medical bills, or other urgent situations that need money right away. They say only you can help.

Fishing for personal details – People are reminded to watch out for requests for private photos or videos, which some scammers later use to extort the victim. Be wary of questions about social insurance numbers, passwords or banking information.



South Pickering



Seniors' Club

MEMBERSHIP BEHAVIOUR

February 6, 2024

The Board of Directors you see in front of you work hard on your behalf. We are all volunteers and in doing our work we are not looking for accolades or praise.

Members are expected to be courteous and respectful at all times. **This includes not using foul language.** However, there have been times where a member has a grievance and presents their grievance in an aggressive and hostile manner. This behaviour is **unacceptable**. This also applies to our interaction with City staff who work on our behalf, and try their best to keep us happy, and our conveners who volunteer many hours leading our many activities.

Let us, as a Club concentrate on the goodness in each other. Let us try to be more compassionate and more understanding of each other. Let us refrain from searching out the weaknesses in others and exploiting those weaknesses to our own advantage.

We all have much to be thankful for - reasonably good health and a good social life in this Club while life overall is generally good.

There is no room for rudeness, belligerence or insulting behaviour in our Club. We have zero tolerance for any disrespectful, insulting, intimidating, bullying, or abusive language and/or behaviour in person, on the phone, or in writing.

In our Constitution, By-Law 17 - **Behaviour, Health and Safety** details the process followed that can lead to revoking the membership of any member who engages in harassment or abusive conduct.

In golf there is a front 9 and a back 9. All members of our Club are somewhere on the back 9. Some just starting, others are on hole 18. Let us all be thankful for what we have and make the effort to ensure that this special period, in our lives, is a happy one.

Andy Rooney said: "It is paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone."

WELCOME TO THE SOUTH PICKERING SENIORS' CLUB

The members of the Executive Board extend welcome to all our members especially NEW MEMBERS, and trust that you will have many happy experiences during your membership period.

For health reasons, we ask that you refrain from wearing scents.

NO SMOKING is permitted anywhere on the City property.

We are currently using the MY SENIOR CENTER green and white key cards, and all members must use their key cards to sign in at the My Senior Center Kiosk when they attend any function or activity at our club facility. This allows us to monitor who is in the building and what activities are being attended.

Covid is still with us, as well as the flu and the RSV. Please take care and if you are sick, we strongly suggest you stay home to prevent the spread of any one of these viruses.

If your key card is damaged, missing or not working, see Ann Picton, Director of Membership, for a replacement. If there are any changes to your personal information, such as phone number, address, or emergency contact person, please notify Ann. Our present membership year runs from October 1st to September 30th. Members who have not renewed their club membership, including Honorary Members, will need to renew their club membership before being allowed to participate in club activities, trips, dances, etc.

Honorary Membership Status is granted to those members, upon turning 90 years of age, who have a minimum of two paid consecutive years as members of South Pickering Seniors' Club. The onus is on all members, including those members living outside Pickering, who have been Grandfathered in, to renew their membership each year. The members who let their membership lapse, can only return to the Club by filling out a new membership form and paying the normal membership fees, for a period of two years, before regaining Honorary Status. **Members now living outside Pickering who have allowed their Membership to lapse, will not be able to reapply for membership.**

Our website (www.spsc753.com) has updated information on all our activities, latest copy of our Quarterly Newsletter, *News and Views*, (published January, April, July and October) and pictures from events, etc. In addition, print copies of our newsletter can be picked up from the table near the Front Reception Desk. Lists of daily activities, convenor names, trip brochures, etc., are also available in the Front Desk area. We would urge you to consult the Information Highway, Bulletin Board on your left as you

come through to the Main Hall, on a regular basis for the latest information on Club Activities, Trips, Events, dates, times, etc. The Bulletin Board on the right will have general information.

The **trips** are posted with a Sign-up date. On this date, come to the club prior to the posted time, pick up a number and wait until the Trip Director calls your number. This ensures that everyone is given a fair chance to participate. You are allowed to sign up for yourself and one other person (get two numbers if you wish to sign up 2 people). If the Trip is full, please place your name on the waiting list as we do have cancellations. **TRIPS ARE FOR CLUB MEMBERS ONLY UNLESS STATED OTHERWISE.**

Special Events are posted on the Information Highway. A timetable for ticket sales always appears beneath the poster advertising the Event. Tickets are sold to Club Members for the first two weeks, and then are available to members and guests. The only exception to the rule is the Christmas Dinner Dance – **THIS IS FOR CLUB MEMBERS ONLY.**

As a reminder, all members signed 3 waivers upon joining.

Waiver of Medical Authorization – Mainly that you are physically fit, self-sufficient, and able to participate in any programs you attend and acknowledge that South Pickering Senior's Club is not obligated to provide medical treatment or have medically trained staff available.

Waiver of Liability - You indemnify the SPSC and the City of Pickering from all claims, actions, damages, costs, and expenses in any way arising from your participation in any program operated by SPSC caused by negligence or otherwise, including but not limited to those claims, actions, damages, costs and expenses arising from personal injury, death, property damage, lost or stolen property or in respect of any act or allegations of negligence.

Waiver of Photo Release - Photographs taken of you participating in the organization's events or programs can be used wholly or in part for promotional purposes.

We hope the Club meets your recreational needs. If you are at all interested in volunteering your time, please advise anyone on the Executive Board.

Your Executive Board

SOUTH PICKERING SENIORS' CLUB

HARASSMENT POLICY

South Pickering Seniors' Club (SPSC) is committed to providing a safe,, friendly and healthy environment for all its members based on mutual respect and where the dignity and self-esteem of every member is respected.

The Ontario Human Rights Code looks at the effect or consequence of the words or behavior and whether or not there was an intention to harass. Harassment can be **WORDS or ACTIONS**, usually happening more than one time, is or should be known to be unwelcome. Harassment **should not be ignored as silence can be, and often is, interpreted as acceptance.**

Usually, harassment can be distinguished from normal, mutually acceptable socializing. It is important to remember **it is the perception of the receiver** of the potential offensive message, be it spoken, a gesture, a picture or some other form of communication, which may be deemed objectionable or unwelcome that determines whether something is acceptable or not.

CONFLICT RESOLUTION:

Conflicts may arise from misinformation, an action that has been based on incorrect facts, or an action/decision that is inappropriate and should be modified, all of which can be addressed informally between the parties. To this end SPSC will arrange a meeting with the person or people involved in the conflict to discuss the problem and work together to resolve it.

MEETING GUIDELINES:

Generally, meetings will be one hour, where the parties are allowed to express themselves and that no interruptions will be allowed while another person is speaking. The meeting will be solely concerned with the specific conflict at hand. Parties are encouraged to look for opportunities to compromise whenever possible. **SPSC will mediate the informal process, with the objective to resolve the issue in-house. Failure to resolve the conflict informally could result in either party obtaining independent legal advice which could lead to a criminal or civic charge.**

PERSONAL HYGIENE GUIDELINES

PURPOSE

The purpose of these guidelines is to promote good hygiene and to encourage conduct that will help stop the spread of germs at our club. The guidelines are in effect **at all times** and apply to **all members of the SPSC**. Our club should be clean and safe – members should be exposed to a minimum of germs.

GENERAL

Good personal hygiene is one of the most effective ways to protect ourselves and others from illnesses. Germs from flu and colds usually spread from person to person when an infected person coughs or sneezes. Hand washing is crucial to lessen the ability to transmit these diseases. Hand sanitizers are very helpful in combating germs that are picked up when exposed to frequently used equipment. In particular, many of our Club members are exposed to germs when playing card games. Cards are handled by many people through shuffling and during play. As with many games, players share chairs as they move from table to table. Personal hygiene issues associated with bladder leaks must be totally controlled.

EXPECTATIONS

Personal hygiene is a delicate issue and never more so than when one member is singled out as lacking in hygiene. It is uncomfortable for most people to approach a person with a hygiene issue to discuss and resolve the problem. By having guidelines in place, it is expected that all members will ensure that any personal hygiene issues will be their responsibility to control when visiting the Club. Self-care is essential to staying motivated and maintaining confidence, but as with aging, denial is a poor strategy long term. Having a personal hygiene plan will empower one to age gracefully.

DISCUSSION PROCESS

Approaching the member with a personal hygiene issue is uncomfortable and awkward, but it is a serious health issue that must be addressed. It is

important to keep in mind that personal hygiene is one of the biggest threats to elder independence. For this reason, the conversation shouldn't be accusatory or focus on incompetence but rather be framed around hygiene best practices. Remember that depression, memory loss, physical challenges and sensory decline are root causes leading to personal hygiene issues.

ROLE OF CONVENERS

Conveners have an important role to play regarding health/cleanliness issues with members enjoying our different activities. A convener has the authority to ask a member to leave the Club if it is apparent that they are ill or have bladder control issues. If a Board member is present, he/she is expected to support the convener and participate in the discussion. If the problem is a reoccurring one, then the convener is expected to inform the Director of Activities who will advise the Board of the situation to determine a solution.

ROLE OF THE BOARD

The Board will determine what action will be taken to ensure the personal hygiene problem is resolved. This could be from not allowing a member to participate in the activity up to revoking the member's membership in the Club.

Self-care is so essential to staying motivated and maintaining confidence, but as with aging, denial is a poor strategy long-term. Having a personal hygiene plan will empower one to age gracefully.

CLUB NEWS

CLUB EMERGENCIES

In the event of an emergency **CALL 911**; provide as much information as possible, including the club's location – **East Short Community Centre, 910 Liverpool Road South, Pickering AT THE BACK OF THE BUILDING**. The Club's phone number is 905-420-5049.

To alert City Staff, **PUSH THE EMERGENCY BUTTON LOCATED ON THE RIGHT WALL AS YOU ENTER THE INFORMATION HIGHWAY.** Staff members are fully trained in First Aid, C.P.R. and the use of the Public Access Defibrillator. Should the Public Access Defibrillator be required, anyone can access it. Simply lift the silver handle to open the front door (an alarm will sound.) Pull the unit out of the box and take it with you to the person in need.

SPECIAL NOTE

Please be advised that if any member, after receiving medical attention and is advised to go directly to the hospital for follow-up testing, but refuses to go, can remain in the building until their emergency contact person arrives, but **will not** be allowed to continue with their chosen activity. The Convener of the Activity will inform the member of the above policy.

SENIORS HELPING SENIORS

WHEN A SENIOR HAS FALLEN

The first response when someone has fallen is to instinctively help them back up on their feet, but this can be difficult and not always the best thing to do. The last thing you want to happen is that you hurt yourself in the process, which is extremely common, and can have long lasting consequences, or cause further harm to the fallen person.

A fall is often accompanied by a variety of physical complications and result in the most common cause of injury among seniors. Also, other unknown preconditions may be aggravated by rough or incorrect lifting. Your Board strongly recommends, even if medical assistance is not required, to **call 911**. First responders can help provide the brawn and expertise needed to get the person off the floor safely and confirm they don't need to go to the hospital. We also recommend that the person that has fallen should never underestimate the seriousness of the fall. Even if it appears no harm was done, there could be after-effects.

*******PLEASE SEE YOUR DOCTOR*******

HELPING A SENIOR TO GET INTO A VEHICLE

This can be a very demanding task. Especially when the person cannot help themselves, lots can happen that could result in either person falling or the helper suffer a back injury attempting to maneuver the person onto the seat. If a member requires that kind of assistance, they need to consider filling out an application for *Durham Region Transit Specialized Services*. The Board does not want any member putting their own health at risk by attempting this type of assistance.

BLOOD PRESSURE CLINIC

This is on the **FIRST TUESDAY OF THE MONTH from 10:30 am --11:30 am**. Testing is done by Joyce who Nurse.

FOOT CARE Note change

Chetna Kaul is our new foot care nurse providing services at the club. Chetna is an Advanced Diabetic Footcare Nurse. Charges will apply and appointments are required. Chetna can be reached by email at footcaren@gmail.com or by phone at [647-241-9959](tel:647-241-9959). Medical footcare services and price lists are available on the Information Highway.

HEARING TEST

Hearing screenings and information sessions about hearing health is provided **free** by the Canadian Hearing Services. Please see the information Highway to book a Hearing Health Clinic Appointment.

BINGO

The ticket sellers for Bingo have asked us to inform you that Bingo cards will be on sale up to:

12:30 pm

Please cooperate by purchasing your cards before the above time. If you know you will be late, ask a friend to get the cards for you. This will allow the ladies to count the money and divide it into prizes – many thanks. **SMALL MONEY IS REQUIRED - \$1.00, \$2.00, \$5.00, \$10.00 ONLY.**

DO NOT CALL LIST

If you are sick of receiving telemarketing calls, you can go to the following web-site for Canadian Telephone numbers:

<https://lnntedncl.gc.ca/en>

Then click on English to be added to the do not call list – you can also add your cell phone number. This will block your number indefinitely or until you choose to remove it from the DNCL. If you think a former request has expired, you can click on ‘extend by registration’ to check and re-register.

LUNCH & BREAK TIMES

Volunteers are always required by the kitchen – if you wish to volunteer, please fill out a Volunteer Form or speak to any Executive Board Member or the Kitchen Convenor. You may wish to sign up as a “fill in” if you do not wish to volunteer on a regular basis.

Please clean up after yourself. Our kitchen volunteers work very hard to provide you with tea, coffee, etc. and deserve a **BIG THANK YOU.**

The Club is run by volunteers, so if you can assist in any way, please speak to a member of the Executive or leave your name with the person on duty at the Front Desk.

SMALL BILLS PLEASE

Members should bring bills to functions, especially to Bingo or to purchase tea or coffee or a pop. When the first few people come in with a \$20.00, there is no change until small change is accumulated. **NOTE: The Bingo volunteers request small bills – loonies, toonies, fives and tens. This is because prize money needs to be in small bills. Thank you for your co-operation.**

SPECIAL EVENT - (DANCES) DANCE TICKET SALES

The first two weeks of sale, tickets are for members only. Guest tickets (if we have any unsold tickets), will be available the third week. The message here is to GET YOUR TICKETS EARLY as there will not be tickets sold at the door.

TICKETS ARE ALWAYS SOLD ON **TUESDAYS ONLY** FROM

9:00 am to 12:00 pm

Please do not come at 9:00 am and expect to be served.
Numbers are handed out – this holds your place in line but
does not guarantee you a ticket.

HANDICAPPED PARKING

If you transport a handicapped person to the club and you are not handicapped yourself, please park in a non-handicapped spot as the handicapped-parking spots are at a premium and must be left for those unable to walk from another part of the parking lot. Your cooperation in this regard is appreciated. While talking about parking, may we remind

you to park properly in the spaces provided and follow the arrows marked on the pavement. Some people are backing into parking spaces and just driving out going the wrong way – this could cause an accident, so please think of your fellow members and obey the parking rules.

CONTAINERS IN THE CLOAKROOM

The plastic bins are for the following: **Lost & Found, Eye Glasses, Milk Bags, used Pens & Mechanical pencils, used batteries, etc.** Please be good enough to place your contributions in the appropriate container and keep the shelf in the cloakroom tidy.

COMMUNITY CARE DURHAM

Serving adults and their caregivers with needs related to aging, physical disability and/or mental health since 1977.

www.communitycaredurham.on.ca.

Call them at **905-837-0017** to learn more about their services and volunteering. Check out their website to complete the online volunteer inquiry form.

Services include: (There is a fee for some services.)

- Meals on Wheels, Transportation/Grocery Shopping, Luncheon Out
- Friendly Visiting, Telephone Reassurance, Hope Help, Home Maintenance.
- COPE Mental Health Services and Specialized Geriatric Support, Adult Day
- Program, In-Home Respite, Home at Last

POOL PLAYERS

We have a women's pool players day. If you are interested and wish to join this, please talk to the Director of Activities.

EYE GLASSES

Jackie Wilson, one of our members has volunteered to collect the eye glasses donated to the club and take them to her Church for needy people in poor areas of the world. **PLEASE REMEMBER THESE PEOPLE AND DONATE UNUSED-UNWANTED GLASSES TO THE CLUB – MANY THANKS. Eye glasses ONLY; not the cases. They are thrown away.**

PENS & MECHANICAL PENCILS

We now recycle these items; place them in the container provided in the cloakroom and Susie will take it from there. Many thanks for your donations.

MILK BAGS

These are collected by Barb England and given to a lady in Ajax to crochet mats for third world countries with dirt floors. Six hundred bags are required for an adult mat and three hundred for a child's mat.

VOLUNTEERS

The Club is run by volunteers, these are scarce, so if you wish to help, please give your name to a member of the Board or to the Convener of the activity you are interested in. We always need help in the kitchen and at the front desk. You may also fill out one of our Volunteer Application forms.

To make sure you are not left off the invitation list to our Annual Wine and Cheese Party, please enter your VOLUNTEER HOURS into the 'MY SENIORS PROGRAMME' when you sign in to record your attendance at the club. If you don't record your hours, we will be unaware of your volunteer service and you can't expect to be invited if we don't know that you have volunteered. The invitation list is made up from the information recorded in the program.

SENIORS IN DISTRESS

If a senior should call our office asking for help, refer them to the Seniors Safety Line 1-866-299-1011. They operate 24 hours a day, 7 days a week.

Another option is to get the seniors number and call 911. Give them the number advising them they may be a senior in distress and ask for a wellness check.



South Pickering Seniors' Club Activities

East Shore Community Centre, 910 Liverpool Road, Pickering, ON, L1W 1S5

Phone: 905-420-5049

Website: <https://www.spsc753.com>

Welcome to Our Club

Our Club offers a wide variety of activities throughout the week, except Sundays. We are proud of our active program, made possible by the dedication of our volunteers.

Activity schedules may change depending on volunteer availability and participation levels.

Members are welcome to use the library in the Millennium Room Lounge to borrow books and puzzles on the honour system or donate items to the collection. A large-screen TV (VCR/DVD) is available when the room is not in use. Members are also encouraged to bring board games and enjoy them with friends.

Stay informed through our "Information Highway" bulletin board and our website at www.spsc753.com. Activity updates, special events, and trips are posted regularly. You can also find us on Facebook.

When attending an activity, please scan your Membership ID key tag/fob to register your participation.

Please note that some activities do not operate from May to September. Check with your convenor for current schedules.

~MONDAY~

Billiards	Games Room	9:00 am - 9:00 pm
Pickleball	Gymnasium	9:00 am - 12:30 pm
Badminton	Gymnasium	1:00 pm - 3:00 pm
Shuffleboard	Main Hall	1:00 pm - 3:00 pm
Bid Euchre	Millennium Room	1:00 pm - 4:00 pm
Darts	Main Hall	7:00 pm - 9:00 pm
Canasta	Millennium Room	9:00 am - 11:00 am

~TUESDAY~

Billiards	Games Room	9:00 am - 9:00 pm
Tai Chi	Gymnasium	11:00 am - 12:00 pm
Blood Pressure Clinic (1 st Tue)	Bar Room	10:30 am - 11:30 am
Club Meeting	Main Hall	12:45 pm - 1:00 pm
Bingo (following Club Meeting)	Main Hall	1:00 pm - 3:30 pm
Euchre (following Club Meeting)	Millennium Room	1:00 pm - 3:30 pm
Digital TLC One-on-One	Boardroom (by appointment)	1:00 pm - 3:00 pm
Poker	Millennium Room	6:00 pm - 9:30 pm
Canasta	Millennium Room	9:00 am - 11:00 am



South Pickering Seniors' Club Activities

East Shore Community Centre, 910 Liverpool Road, Pickering, ON, L1W 1S5

Phone: 905-420-5049

Website: <https://www.spsc753.com>

~WEDNESDAY~		
Billiards	Games Room	9:00 am - 9:00 pm
Fitness Class (\$4/week)	Main Hall	10:00 am - 11:00 am
Euchre/ Bid Euchre lessons	Millennium Room	10:00 am - 11:30 am
Pickleball	Gymnasium	12:15 pm - 3:15 pm
Handicrafts	Main Hall	1:00 pm - 3:00 pm
Dominoes	Main Hall	1:00 pm - 3:00 pm
Cribbage	Millennium Room	1:00 pm - 4:00 pm
Pinochle	Millennium Room	1:00 pm - 4:00 pm
Bid Euchre	Millennium Room	6:30 pm - 9:30 pm
Table Tennis	Main Hall	7:00 pm - 9:00 pm
Poker	Millennium Room	6:00 pm - 9:30 pm
Canasta	Millennium Room	9:00 am - 11:00 am

~THURSDAY~		
Billiards	Games Room	9:00 am - 4:30 pm
Darts	Main Hall	9:30 am - 11:30 am
Digital TLC One-on-One	Boardroom (by appointment)	1:00 pm - 3:00 pm
Euchre	Millennium Room	1:00 pm - 3:30 pm
Ladies' poker night	Millennium Room	6:00 pm - 9:00 pm
Canasta	Millennium Room	9:00 am - 11:00 am

~FRIDAY~		
Billiards	Games Room	9:00 am - 4:30 pm
Carpet Bowling	Main Hall	9:00 am - 12:00 pm
Line Dancing	Main Hall	1:00 pm - 2:00 pm
Pickleball	Gymnasium	12:15 pm - 3:15 pm
Ball Room Dancing	Main Hall	2:15 pm - 3:45 pm
Bridge - Progressive	Millennium Room	1:00 pm - 4:00 pm
Canasta	Millennium Room	9:00 am - 11:00 am

~SATURDAY~		
Billiards	Games Room	9:00 am - 12:00 pm

Director of Activities: Suzanne Pacholzuk
South Pickering Seniors' Office: 905-420-5049

Revised June 2, 2026 TC

SOUTH PICKERING SENIORS' CLUB

JOIN US ON FACEBOOK

IF YOU HAVE ANY QUESTIONS

ABOUT GARDENING,

ONE OF OUR MEMBERS

HERMINE SCHMALZ,

IS WILLING TO

ANSWER ANY QUESTIONS YOU

MAY HAVE.

WELCOME NEW MEMBERS

From March 24th, 2026 to June 16th, 2026

We are using the **My Senior Centre** green and white key swipe fobs as our Membership Cards. All members both New and Renewing members, or those who have requested replacement swipe cards, please check at the Front Desk and pick up your swipe fob. The swipe fobs are to be used at any function a member attends in our club facility. This allows us to monitor what activities are popular, who is in attendance, and should an activity need to be cancelled for some reason, we will be able to Robocall attendees.

If you have a problem with your swipe fob or have a membership problem, please contact Ann Picton.

Steven Thomson	Pallavi Shangihvi	Bonnie Roy
Filomena Christopounds	Jim Cassells	Lorie Black
Janki Sutram	Mike Rewkowski	Vincenzo Basile
Bruce Laviolette	Pat Hannaford	Patrick Cairns
Nena Duldulao	Sophie Raman	Rita Rozas
Peter Averu	Sally Mathew	Ann Emmanuel
Lorna Fletcher	Marson Allman	Valerie Crimi

IN MEMORIAM

These are the names of members which the Club has been notified of their passing. If any name is not on this list, it is because we have not been notified.

Jack Paden

Fred Char

South Pickering Seniors' Club Trips 2026

Revised February 11, 2026

Sign up numbers will be available one half to one hour before sign up time.

Trips and/or dates are subject to change due to unforeseen circumstances.

Director of Trips: Loida Woodford, phone 905-420-5049.

Check the Trip Board or web site (www.spsc753.com) for more information/updates.

Trip #	Date	Trip Name	10:00 am Sign Up Tuesday	Payment Due
2601	January 21, 2026 Wednesday	Niagara Takes Flight Table Rock Fallsview Casino	December 2, 2025 Payment due on signup.	\$129 per person Contact Loida Woodford at the Club 905-420-5049
2602	February 25, 2026 Wednesday	Under the Big Top Famous People Players Cheese Boutique	December 2, 2025	\$100 per person
2603	May 7, 2026 Thursday NEW DATE	Sentimental Journey The Music You Love The Memories You Treasure	March 10, 2026 Payment due on signup.	\$145 per person Contact Loida Woodford at the Club 905-420-5049
2604	June 3, 2026 Wednesday	Tea & Blooms: A Garden Getaway	March 24, 2026 Payment due on signup.	\$129 per person
2605	June 22 to 25, 2026	Eastern Townships Quebec	To book contact Year Round Travel 416-499-1444	Twin \$1199 Single \$1489 \$200 deposit on booking
2606	July 16, 2026 Thursday	Kingston 1000 Islands Cruise	May 26, 2026 Payment due on signup.	\$139 per person
2607	August 26, 2026 Wednesday	The Great Gatsby A New Musical	May 12, 2026 Payment due on signup.	\$175 per person
2608	September 16, 2026 Wednesday	Funny Girl	June 30, 2026 Payment due on signup.	\$174 per person
2609				
2610				
2611				
2612				

South Pickering Seniors Presents

Kingston 1000 Islands Cruise

The world-famous 1000 Islands begin in Kingston and span the St. Lawrence River for miles. The Island Star cruises its way through the small cottage islands of the Admiralty group featuring Napoleon's Hat, Wanderer's Channel, the Bateau Channel, the opulent Mandalay Mansion and the historic sights of Kingston. The Heart of the Islands Cruise is the most in-depth cruise in the 1000 Islands. It's the perfect way to explore the remarkable scenery that has made the region famous throughout the world. Onboard you will enjoy live entertainment and commentary which describes the history and folklore as you pass by spectacular scenery and island homes.

Date: Thursday, July 16, 2026

Depart: 8:30 a.m. Chestnut Hill Recreation Complex
(back of building)

Coffee: 10:00 a.m. - 10:30 a.m.
Coffee break at The Big Apple

Sign up: Tuesday, May 26 at 10:00 a.m.

Cruise: 12:30 p.m. - 3:30 p.m.
Boarding begins at noon, sails at 12:30 p.m.
Enjoy a three hour narrated cruise with live entertainment. John Sharkey will perform classic hits from the Elvis era. A delicious plated meal will feature: Arugula dressed in a red pepper and citrus vinaigrette.
Entrée choice:
1) Beef Short Rib with Garlic Mashed Potatoes & Seasonal Vegetables
2) Chicken Supreme with Garlic Mashed Potatoes & Seasonal Vegetables
3) Stuffed Pepper with Black Bean & Wild Rice

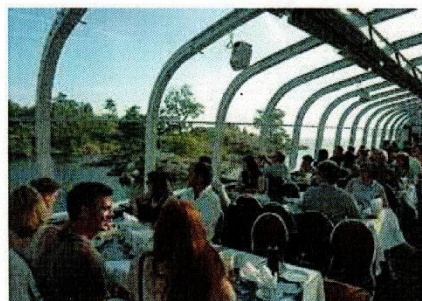
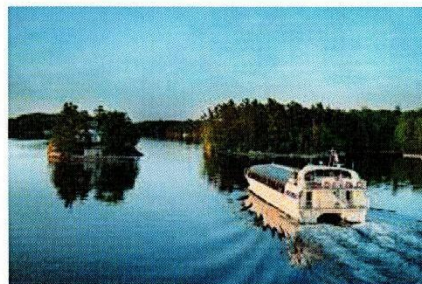
Coffee: 6:00 p.m. - 6:30 p.m.
Coffee break & washroom stop, Newcastle

Return: Arrival in Pickering approx. 7:00 p.m.

Price: \$139.00 per person
Payment due upon booking. Payment is non-refundable unless someone from the top of the waiting list can replace you

Inclusions: Return transportation via deluxe coach, 3 hour luncheon cruise with entertainment, driver gratuity, and all taxes

To Book: Contact Loida Woodford at the club or call 905-420-5049



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

250 Consumers Road #715
North York ON
M2J 4V6

P: 416 499 1444
F: 416 499 1448
TF: 1 888 804 8841

Ontario Registration #4281143
Email: craiglugsdin@bellnet.ca
www.yearroundtravel.com

South Pickering Seniors Presents

THE GREAT GATSBY

A NEW MUSICAL

THE GREAT GATSBY is a "Broadway extravaganza that explodes with life and energy" (Entertainment Weekly). Based on the classic American novel by F. Scott Fitzgerald, the Tony Award®-winning new musical is an unforgettable journey of love, wealth and tragedy that brings the Roaring Twenties to life on stage.

DATE: Wednesday, August 26, 2026

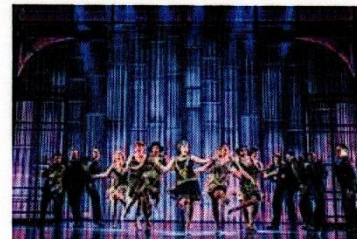
PICK-UP: 10:00 a.m. Chestnut Hill Recreation Complex
(back of building)

SIGN UP: 10:00 a.m. Sign up & payment due
Tuesday, May 12, 2026

LUNCH: 11:15 a.m. - 1:00 p.m.
Enjoy a delicious meal at the Hot House
Restaurant. Choice of:
1) Chicken Parmesan
2) Cappelletti 3) Pork Souvlaki
All meals include bread, salad, dessert,
and tea or coffee

SHOW: 1:30 a.m. - 4:00 p.m.
Reserved orchestra seating for the
performance of The Great Gatsby at the
CAA Ed Mirvish Theatre (244 Victoria St.)

RETURN: Arrival in Pickering approx. 5:30 p.m.



PRICE:
\$175.00 per person

Payment due upon booking. Payment
is non-refundable unless someone
from the top of the waiting list can
replace you

INCLUSIONS: Return transporta-
tion via deluxe coach, lunch at
the Hot House Restaurant,
reserved orchestra seating,
gratuity on meal, driver gratuity,
and all taxes.

TO BOOK: Contact
Loida Woodford at the club or
call 905-420-5049

TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

715 - 250 Consumers Road
North York ON
M2J 4V6

P: 416 499 1444
416 499:1448
TF: 1 888 804 8841

Ontario Registration #4281143
Email: craig.lugsdin@gmail.com
www.yearroundtravel.com

South Pickering Seniors Presents

FUNNY GIRL

Fanny Brice has everything it takes to be Broadway's next big thing: the voice, the charm and more than a little chutzpah. But does she have "the look?" This touching comedy explores her unlikely rise to stardom with the Ziegfeld Follies as well as her turbulent love life with gambler Nick Arnstein. One of the greatest musical scores of all time, Funny Girl includes classics like "Don't Rain on My Parade", "I'm the Greatest Star", "People" and much more.

Date: Wednesday, September 16, 2026

Price: \$174.00 per person

Depart: 8:30 a.m. Chestnut Hill Recreation
Complex (back of complex)

Payment due upon booking.
Payment is non-refundable
unless someone from the
top of the waiting list can
replace you

Sign up: Tuesday, June 30, 2026 at 10:00 a.m.

Lunch: 11:00 a.m. - 12:30 p.m.
Enjoy a delicious lunch at the Queenston
Heights Restaurant. Includes Soup of the
Day, dessert, tea or coffee. Choice of:
1) Grilled Breast of Chicken with Roasted
Garlic Glaze Seasonal Vegetables and
Potatoes
2) Baked Rainbow Trout with Blanc
Seasonal Vegetables and Potatoes
3) Vegetable Stir-fry, local Sauteed
Vegetables, Bok Choy, Crispy Tofu,
Basmati Rice, & Sweet Chili Sauce

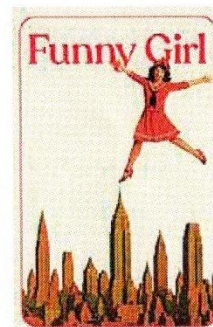
Inclusions: Return transportation via
deluxe coach, lunch,
reserved orchestra seating,
driver gratuity, gratuity on
meal, & all taxes.

To Book: Contact Loida Woodford
at the club or call
905-420-5049

Show: 1:00 p.m. - 3:30 p.m.
Reserved orchestra seating for Funny Girl

Shopping: 3:30 p.m. - 5:00 p.m.
Free time in Niagara-on-the-Lake

Return: Arrival in Pickering by 7:30 pm



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

250 Consumers Road #715
North York ON
M2J 4V6

P: 416 499 1444
F: 416 499 1448
TF: 1 888 804 8841

Ontario Registration #4281143
Email: craig.lugsdin@gmail.com
www.yearroundtravel.com

SPSC TRIP GUIDELINES

MEMBERSHIP REQUIREMENT:

Trips are generally available to South Pickering Seniors' Club members. In special cases, non-members may be invited at the Trip Director's discretion.

NEW TRIPS:

Trips are announced at the Club's Tuesday General Meetings. Posters with trip details (destination, date, cost, payment deadline, and sign-up information) are displayed on the Trip Board and the Club's website: www.spssc753.com. Flyers are also available for pick-up at the Club.

TRIP ACTIVITY LEVELS:

To ensure a safe and enjoyable experience, members should assess their own mobility against the trip's activity level:

- **Easy** – Minimal walking, level ground, elevators available.
- **Moderate** – Some walking, uneven ground, 1-3 stairs, no elevators.
- **Strenuous** – Extensive walking, uneven ground, inclines, no elevators.

HEALTH CHECKLIST:

Before the Trip

- Do not attend if you are feeling unwell or have any concerning health symptoms.
- Have had medical care for chronic conditions (heart, diabetes, COPD, etc.).
- Bring enough medication for the trip, plus 1–2 extra days in case of delays.
- Keep medications in original containers and carry a list of dosages.
- Carry a health card with emergency contacts, allergies, and medical conditions.
- Wear comfortable, supportive shoes and dress in layers suitable for the weather.

During the Trip

- Drink water regularly, even if you don't feel thirsty.
- Bring light, healthy snacks (nuts, granola bars, fruit).
- Pace yourself—take breaks often and sit when possible.
- Use canes, walkers, or transport chairs if needed.
- Protect yourself from heat with hats, sunscreen, and light clothing.
- In cold weather, wear warm layers, gloves, and hats.
- Use a buddy system so no one is left alone.

Emergency Preparedness

- Bring a small first aid kit (bandages, antiseptic, pain relievers).
- Let group leaders know about important medical conditions.
- Keep a charged cell phone with emergency contacts pre-programmed.
- Know the nearest medical facility at your destination.

BUS SEATING:

Seating is on a first-come, first-served basis. The first two rows (both sides) are reserved for members with motion sickness or those who provide a medical certificate.

SIGNING UP FOR A TRIP:

Members arriving before sign-up time will receive a queue number. If numbers are unavailable, please form a fair queue. Each member may sign up for themselves and one other member, requiring two queue numbers.

PAYMENT:

Accepted payment methods: **cash or cheque** (payable to South Pickering Seniors' Club). If not paid at sign-up or by the due date, place your cheque in the Trip Box near the entrance.

WAITING LIST:

If a trip reaches capacity, a waiting list will be maintained. Members on the list will be contacted if spots become available.

REFUNDS:

Refunds are only issued if:

- A replacement from the waiting list is available.
- You find someone to take your place.

If you need to cancel, notify the Trip Director promptly so your spot can be reassigned.

DEPARTURE DETAILS:

Trips depart on time according to the itinerary. Departure and return location: **Rear southeast corner of Chestnut Hill Developments Pickering Recreation Complex (1867 Valley Farm Road).**

- Access via Diefenbaker Court to the south side of the complex.
- Turn left into the complex/arena driveway; parking is on the right.
- No access from the front of the building.

TRIP CHANGES:

Trips and dates may change due to unforeseen circumstances. Always check the Trip Board or website for updates.



Updated: September 9, 2025 TC

IMPORTANT DECISIONS TO MAKE WHEN LEAVING FOR A CLUB DAY TRIP

You have booked and paid for a club trip and are looking forward to the outing.

On the other hand, you find yourself in a dilemma.

You are not feeling well and are unsure whether to go or stay home.

HERE ARE SOME REASONS TO STAY HOME.

- Your weakened immune system is more vulnerable to infections and complications.
- Feeling dizzy, fatigued or just weak increases the chance of falls, especially in unfamiliar places
- Resting at home allows the body to recover and heal more quickly, while pushing through a day trip can delay recovery or lead to more serious health issues.
- Your home provides a safe, familiar environment that supports stability and peace of mind.

At home, caregivers can provide timely support; however, falling ill during a trip may require urgent medical care that is not readily available and can be costly and stressful.

If you have planned a day trip, please assess how you are feeling that morning and err on the side of caution. A cozy day at home with a warm drink and a good book might be just what the doctor ordered.

Lastly, be aware of the signs of a stroke. If you think of the word FAST

FACE - is it drooping?

ARMS- can you raise both?

SPEECH – is it slurred or jumbled?

**TIME – to call 9-1-1 YOU ARE HAVING A MEDICAL
EMERGENCY**

Please find following Our
Financial Statements

For the period

March 1st, 2026

To

May 31st, 2026

Iona Borg-Fry

Director of Finance

June 16th, 2026

12:31 PM
2026-06-11
Accrual Basis

South Pickering Seniors Club #753
Profit & Loss
March through May 2026

	Mar - May 26
Income	
Kitchen Income	7,092.85
Trip Income	15,567.00
Membership Dues	1,105.00
Special Events Income	
Share the Wealth	1,349.00
Dances	5,053.00
Total Special Events Income	6,402.00
Total Income	30,166.85
Gross Profit	30,166.85
Expense	
Programme Supplies	3,857.73
Kitchen Expenses	5,641.24
Trip Expenses	10,519.40
Special Events Expense	
volunteer Appreciation	1,041.52
Dances	5,374.01
Total Special Events Expense	6,415.53
Facilities and Equipment	
Equip Rental and Maintenance	15.00
Property Insurance	3,510.00
Rent, Parking, Utilities	406.77
Total Facilities and Equipment	3,931.77
Operations	
Office Cleaning	300.00
Office Supplies	932.46
Printer Supplies	104.40
Supplies	40.00
Telephone	45.43
Total Operations	1,422.29
Other Types of Expenses	
Donation	100.00
Bank Charges & Interest Expe...	274.51
Total Other Types of Expenses	374.51
Total Expense	32,162.47

12:31 PM
2026-06-11
Accrual Basis

South Pickering Seniors Club #753
Profit & Loss
March through May 2026

	Mar - May 26
Income	
Kitchen Income	7,092.85
Trip Income	15,567.00
Membership Dues	1,105.00
Special Events Income	
Share the Wealth	1,349.00
Dances	5,053.00
Total Special Events Income	6,402.00
Total Income	30,166.85
Gross Profit	30,166.85
Expense	
Programme Supplies	3,857.73
Kitchen Expenses	5,641.24
Trip Expenses	10,519.40
Special Events Expense	
volunteer Appreciation	1,041.52
Dances	5,374.01
Total Special Events Expense	6,415.53
Facilities and Equipment	
Equip Rental and Maintenance	15.00
Property Insurance	3,510.00
Rent, Parking, Utilities	406.77
Total Facilities and Equipment	3,931.77
Operations	
Office Cleaning	300.00
Office Supplies	932.46
Printer Supplies	104.40
Supplies	40.00
Telephone	45.43
Total Operations	1,422.29
Other Types of Expenses	
Donation	100.00
Bank Charges & Interest Expe...	274.51
Total Other Types of Expenses	374.51
Total Expense	32,162.47

12:31 PM
2026-06-11
Accrual Basis

South Pickering Seniors Club #753
Profit & Loss
March through May 2026

	<u>Mar - May 26</u>
Net Income	<u><u>-1,995.62</u></u>

DIGITAL TECH LEARNING CLUB

- FREE for all SPSC Members -

Fun fact!

*You get free help with us. You
save \$\$\$ with your membership.*

ONE ON ONE HELP

- Book a 1 to 2 hour session for private help.

Specify the digital device: PC, tablet, phone, etc.

and the issues you're having. We're here to help.

Please note that, due to the large number of applications (apps),
we cannot help with Facebook, Instagram, TikTok and so on.
However, we can help with AI tools like ChatGPT, Gemini, etc.

Tuesdays and Thursdays from 1pm - 3pm in the Board Room

Register with an online form at www.spsc753.com

OR pick up a form at the Information Highway.

For more information, contact the Registration Manager.

Peter Henderson (905) 428-6467

Email: p.henderson0307@gmail.com

Schedule of Dances For July to December 2026

Purchase Tickets on
Tuesday 9:00 am – Noon

Dance	Time & Date	Tickets on Sale	Theme & Music	Price
Welcome Back	7-11 pm September 19	August 25, September 1, 8	Hawaii <i>Lance</i>	\$20
Beer Garden Oktoberfest	Cancelled			
Halloween	7-11 pm October 31	October 6, 13, 20	Costume Contest <i>Rocky</i>	\$20
Christmas Dinner & Dance	5-11 pm Friday, December 4	November 10, 17, 24 Last Day – November 27	Chestnut Hill Recreation Complex Christmas Dinner & Dance <i>Lance</i>	\$30
New Year's Eve	8:00 – 12:30 am	December 8, 15, 22	New Year <i>Rocky</i>	\$20



**Saturday, September 19, 2026
from 7 pm to 11 pm**

**Tickets \$20
On Sale Tuesday, August 25
and September 1 and 8
Music by *Lance*
Cash Bar**



HALLOWEEN

Saturday, October 31

from 7 pm to 11 pm

Tickets \$20

**On Sale, Tuesday,
October 6, 13 and 20**

Music by Rocky

Cash Bar





I am beginning to realize that aging is not for wimps.

Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life!



w, if I could only remember who sent this to me, I wouldn't send it back to them. Or, maybe I should send it to all my friends anyway.

Answers from last *News & Views*

1.

4	9	8	3	5	2	7	1	6
2	5	3	7	1	4	3	8	9
1	7	6	9	3	8	4	2	5
6	3	5	8	9	1	2	4	7
7	1	4	5	2	3	9	6	8
8	2	9	6	4	7	1	5	3
9	6	2	4	7	5	8	3	1
5	8	1	2	3	9	6	7	4
3	4	7	1	8	6	5	9	2

2.

1	5	3	8	9	6	4	7	2
6	8	4	2	7	5	9	1	3
7	2	9	4	1	3	5	6	8
9	1	5	6	3	4	2	8	7
8	6	7	9	2	1	3	4	5
3	4	2	7	5	8	1	9	6
2	9	1	3	8	7	6	5	4
5	7	6	1	4	2	8	3	9
4	3	8	5	6	9	7	2	1

3.

1	3	8	5	2	4	7	6	9
7	2	5	9	6	3	8	4	1
4	6	9	1	7	8	5	2	3
3	4	1	2	9	5	6	8	7
6	5	7	8	4	1	9	3	2
9	8	2	7	3	6	4	1	5
5	9	6	3	8	2	1	7	4
2	1	4	6	5	7	3	9	8
8	7	3	4	1	9	2	5	6

4.

8	1	3	6	5	7	4	9	2
5	9	6	2	4	1	8	3	7
2	4	7	9	3	8	6	5	1
1	7	5	4	2	9	3	8	6
3	8	2	5	7	6	1	4	9
9	6	4	8	1	3	7	2	5
4	5	8	1	6	2	9	7	3
7	2	1	3	9	4	5	6	8
6	3	9	7	8	5	2	1	4

MOVIES & TELEVISION

CROSSWORD 11

ACROSS

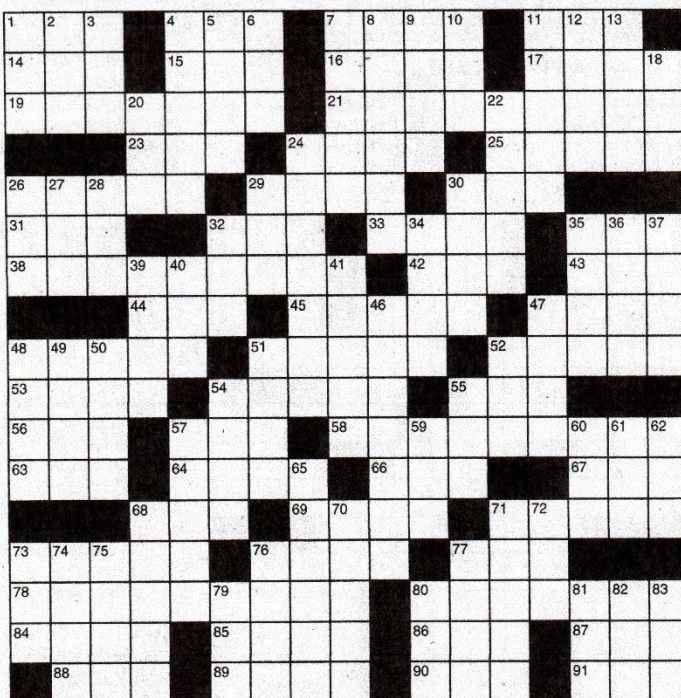
1. "Tic ____ Dough"
4. Peter Williams on "Neon Rider"
7. "Grand ____"
11. Miranda or Quensel
14. Dog tags, e.g.
15. Rene Auberjonois TV role
16. Louise of "Dallas"
17. "Faerie ____ Theater"
19. "Off the Rack" lead
21. "Front Page" correspondent
23. Maris of "Nurses"
24. Carol ____ of "Taxi"
25. John David ____ of "Supercarrier"
26. "Johnny ____ Stand Up and Cheer"
29. Use a dishcloth
30. Biggins on "Wings"
31. Hartman of "Dan August"
32. Novelist Amy ____
33. Ames of "Mister Ed"
35. "The Porky ____ Show"
38. "Stormy Weather" star
42. "Aaron's ____"
43. "____ to Billie Joe"
44. "Blossom" creator Don ____
45. ____ Fudd
47. "Black ____ Jones"
48. Color again
51. Doc's first name on "Gunsmoke"
52. Kathy ____ of "Misery"
53. Quick to the helm
54. Prince of "413 Hope St."
55. Carol Burnett tugs on one
56. "Not ____ Stranger"
57. "A League of Their ____"
58. "____ Western"
63. "A ____ Leaf"
64. "I ____ to Live!"
66. Embrace
67. "____ Ridge Boys from Las Vegas"
68. Birman of "Dr. Simon Locke"
69. Elias of "Stat"
71. "Now It ____ Told"
73. Motor company on "Gung Ho"
76. Grandpa McCoy
77. "2001" computer
78. "____ With Jesse Jackson"
80. Hit of The 4 Seasons
84. Do as Lou Grant does
85. "Family Double ____"
86. "Grand ____ Opry"
87. Scott Joplin's music
88. Meyers of "Kate and Allie"
89. Gooding of "Smart Guy"
90. "The ____ O'Connor Show"
91. Feasted

DOWN

1. "The ____ That Binds"
2. Total up

3. Gen. Lee's side
4. Water holes
5. "The Big ____"
6. Neither's partner
7. Purse handle
8. George Jefferson's son
9. Bancroft or Baxter
10. Maria Del ____ of "Tekwar"
11. Home for Sophia Loren
12. "Snowy River: The McGregor ____"
13. A Hollywood Ladd
18. "Howards ____"
20. ____ Fernando Red (Red Skelton persona)
22. "____ Tower"
24. "Later With Greg ____"
26. Cafe proprietor on "Alice"
27. Sue ____ Langdon
28. Mimi on "The Two of Us"
29. "____ and Peace"
30. "The ____ of the Rails"
32. "A Bridge ____ Far"
34. Author Montagu of "The Man Who Never Was"
35. "The Blood of a ____"
36. Monty Python's Eric ____
37. Malcolm ____ of "Caroline in the City"
39. Gross of "Ellen"
40. "____ Haw"
41. Family name on "Baby, I'm Back"
46. "____ Belle"
47. "____ Essence"
48. "Hanging Up" headliner
49. "At ____" (TV series)
50. "____ to Win"
51. "The Journey of Natty ____"
52. Word from Scrooge
54. Nancy ____ of "Flower Drum Song"
55. Shape of Mork's spaceship
57. Buck or Gary
59. "La Cage ____ Folles"
60. Weighty matter
61. Hunter of "Polyester"
62. Presidential nickname
65. Mowry of "Sister, Sister"
68. Christine ____ of "Chicago Hope"
70. Runner-up
71. Feels concern for
72. "Against ____ Odds"
73. Phil on "Fish"
74. "Peppermint ____"
75. "____ Crazy"
76. Rich or West
77. Street in "Perry Mason"
79. Marriage vow
80. "The ____ Squad"
81. Epoch
82. Natalie Cole's dad
83. "Coming of ____"

Solution on page 167



Nine Important Facts

- Number 9 – Death is the number 1 killer in the world.
- Number 8 – Life is sexually transmitted.
- Number 7 – Good health is merely the slowest possible rate at which one can die.
- Number 6 – Men have two emotions: hungry and horny, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- Number 5 – Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- Number 4 – Health nuts are going to feel stupid someday, lying in the hospital dying of "the nothing."
- Number 3 – All of us could take a lesson from the weather. It pays no attention to criticism.
- Number 2 - In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- Number 1 – Life is like a jar of jalapeno peppers. What you do today might burn your ass tomorrow.

...and as someone recently said:

- Don't worry about old age; it doesn't last that long.

.....

A drunk who reeked of booze, sat down on a Luas Tram opposite to a priest.

The Man's tie was stained, his face was plastered with red lipstick, and a half-empty bottle of whisky was sticking out of his torn coat pocket.

He opened his newspaper and began reading.

After a few minutes the man beckoned to the priest and asked, "Say Father, what causes arthritis?"

The priest replies, "My son, it's caused by loose living, being with cheap, wicked women, too much alcohol, contempt for your fellow man, sleeping around with prostitutes and lack of a bath."

The drunk muttered in response, "Well, I'll be damned." Then returned to his paper.

The priest, thinking about what he had said, tapped the man and apologized.

"I'm very sorry. I didn't mean to come on so strong. How long have you had arthritis?" The drunk answered, "I don't have it, Father. I was just reading here that the Pope does."

MORAL: Make sure you understand the question before offering the answer.

Ever since I was a child, I've always had a fear of someone under my bed at night. So I went to a psychiatrist and told him I've got problems. Every time I go to bed, I think there's somebody under it. I'm scared. I think I'm going crazy."

"Just put yourself in my hands for one year," said the psychiatrist. "Come talk to me three times a week and we should be able to get rid of those fears."

"How much do you charge?"

"Eighty dollars per visit," replied the doctor.

"I'll sleep on it and if needed I will come back to you," I said.

Six months later, the psychiatrist met me on the street.

"Why didn't you come to see me about those fears you were having?" he asked.

"Is that so!" with a bit of an attitude he said, "and how, may I ask, did a bartender cure you?"

"He told me to cut the legs off the bed - Ain't nobody under there now!"

There was a preacher whose wife was expecting a baby so he went before the congregation and asked for a raise. After much discussion, they passed a rule that whenever the preacher's family expanded, so would his paycheck.

After 6 children, this started to get expensive and the Congregation decided to hold another meeting to discuss the preacher's salary.

There was much yelling and bickering about how much the clergyman's additional children were costing the church.

Finally, the preacher got up and spoke to the crowd, "Children are a gift from God" he said.

Silence fell on the congregation. In the back pew, a little old lady stood up and in her frail voice said, "Rain is also a gift from God, but when we get too much of it, we wear rubbers."

And the congregation said, "Amen."

A lawyer had a wife and 12 children and needed to move.

When he said he had 12 children, no one would rent a home to him because they thought that the children would destroy the home.

He could not say that he had no children. He could not lie, after all, lawyers cannot and do not lie.

So, he sent his wife for a walk to the cemetery with 11 children. He took the remaining one with him to see homes with the Real Estate Agent...

He liked one of the homes and the agent asked: "How many children do you have?"

He answered !12 children."

The agent asked "Where are the others?"

The lawyer answered, with a sad look, "They are in the cemetery with their mother."

And that's the way he was able to rent a home for his family without lying.

Three Italian nuns die and go to heaven. At the Pearly Gates, they are met by St. Peter. He says, "Sisters, you all led such wonderful lives that I'm granting you six months to go back to earth and be anyone you want to be."

The first nun says, "I want to be Sophia Loren," and poof she's gone.

The second says, "I want to be Madonna," and poof she's gone.

The third says, "I want to be Sara Pipalini," replies the nun. St. Peter looks perplexed. "Who?" he says.

"Sara Pipalini," replies the nun. St. Peter shakes his head and says "I'm sorry, but that name just doesn't ring a bell."

The nun then takes a newspaper out of her habit and hands it to St. Peter. He reads the paper and starts laughing. He hands it back to her and says "No sister, the paper says it was the "Sahara Pipeline" that was laid by 1,400 men in 6 months."



South Pickering Seniors' Centre





Club Closures

FOR

2026



	January 1 New Year's Day		December 24 Christmas Eve, closed at noon
	February 16 Family Day		December 25 Christmas Day
	April 3 Good Friday		December 26 Boxing Day
	April 6 Easter Monday		December 28 Boxing Day (because original on a weekend)
	May 18 Victoria Day		December 31 New Year's Eve, closed at noon
	July 1 Canada Day		
	August 3 Civic Holiday		
	September 7 Labour Day		
	September 30 National Day for Truth and Reconciliation		
	October 12 Thanksgiving		

July 2026

SUMMER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
xxxx 28	xxxx 29	xxxx 30	1 CANADA DAY CLUB CLOSED	2	3	4
5	6	7 NO CLUB MEETING	8	9	10	11 BID EUCHRE
12	13	14 KINGSTON 1000 ISLAND TRIP	15	16	17	18
19	20	21 NO CLUB MEETING	22	23	24	25 BID EUCHRE
26	27	28	29	30	31	1 xxxx
2 xxxx	3 xxxx	Notes				

August 2026

SUMMER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
xxxx 26	xxxx 27	xxxxx 28	xxxx 29	xxxxx 30	xxxxx 31	1
2	3 CIVIC HOLIDAY CLUB CLOSED	4	5	6	7	8
9	10	11	12	13	14	15 BID EUCHRE
16	17	18	19	20	21	22
23	24	25 WELCOME BACK TICKETS ON SALE	26 THE GREAT GATSBY TRIP 10:000 AM	27	28	29 BID EUCHRE
30	31	Notes				

September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
xxxx 30	xxxx 31	1 BLOOD PRESSURE CLINIC RESUMES WELCOME BACK TICKETS ON SALE	2	3	4	5 EUCHRE
6	7 LABOUR DAY CLUB CLOSED	8 WELCOME BACK DANCE TICKETS ON SALE	9	10	11	12 LADIES' NIGHT POKER
13	14	15	16 FUNNY GIRL TRIP 8:30 AM	17	18	19 WELCOME BACK DANCE
20	21	22	23	24	25	26 BID EUCHRE
27	28	29	30 NATIONAL DAY OF RECONCILIATION CLUB CLOSED	1 xxxx	2 xxxx	3 xxxx
xxxx 4	xxxx 5	Notes ****RENEWALS BEGIN THIS MONTH****				