Pembroke ACTIVE LIVING CENTRE 50 plus

Ontario

YOUR CENTRE'S NEWS

I hope all our members of the Pembroke 50+ Active Living Centre enjoyed a joyful and restful two-week break, celebrating the holiday season with friends and family. As we step into a brand-new year, we wish everyone a healthy, happy, and fulfilling 2026!

Here's to many cherished moments ahead filled with laughter, connection, and fun. We're excited for all that's to come at the Centre this year.

As many of you know, I began my role here in June 2025, and it's been an absolute pleasure getting to know each one of you. I want to take a moment to say thank you for the warm welcome and for making me feel so at home. Your kindness and community spirit truly make this Centre a special place.

Let's make 2026 a year to remember—together!

Jodie Jeffrey

Office Manager

Pembroke ACTIVE LIVING CENTRE 50 plus

42 Renfrew Street, Pembroke ON K8A 7T6

(613) 735-1226

www.pembrokeactivelivingcentre.com **email:pembrokeactivelivingcentre@cogeco.net**

Exciting News!

In the new year, our Centre has arranged a few new transportation opportunities through ORTC Transportation Services & Handi -Bus Services. This collaboration will help make getting to and from our programs easier and more accessible for everyone. More details will follow soon, so stay tuned for updates!

Pembroke Deputy Mayor Brian Abdallah, who is the council lead for the city's public transportation pilot, and Pembroke's mascot Pembi, stand with one of the new Ottawa River Transit vans. Anthony Dixon PHOTO BY ANTHONY DIXON /Pembroke Observer and News

Pembroke 50+ Active Living Centre

1975 50 2025

ANNIVERSARY

Christmas Gala

Thanks for all the Memories in 2025!

2025 ended with a noteworthy 50th Christmas Gala Celebration. A special thank you to the organizing committee: Sheila Moeller, Helen Schruder, Jody Duffy, Jane Hayley, Heather Lemke, and Mac Plaunt. Also, to the many members who contributed their time and effort to ensure the success of the Gala, a heartfelt thank you. Over 1500 volunteer hours were contributed.

Thank You Gala Committee & Volunteers!

Proud Supporting Partner of the Centre's newsletter

MULTI-DAY TRIPS

Planning multi-day trips is no longer something the Centre can develop on its own. TICO (the Travel Industry Council of Ontario) has regulations that require private organizations—like our Centre—to work with a registered travel agency when arranging overnight or multi-day trips. These rules are in place to protect consumers, but they also mean we cannot independently plan or operate longer trips as we used.

Because of these regulations, some aspects of planning—such as pricing, availability, and travel arrangements—are now determined by the travel agency. This makes the process more complex and can increase costs, which is outside of our control. As we explore options for longer trips, we appreciate you're understanding as we navigate these required guidelines.

We remain committed to offering meaningful travel opportunities for our members. To start, we're excited to bring back day trips—something we can continue to plan and host directly.

MARCH 2026

BROCKVILLE DAY TRIP

UPDATE!

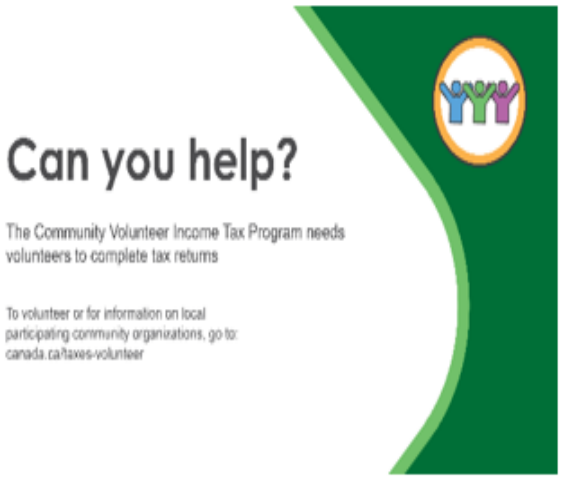
Lights, Laughter & a Night Out: *The Golden Girls* in Brockville

Get ready for a fun-filled day trip packed with laughs, great food, and a little adventure! Our first outing of the season takes us to Brockville on **Saturday, March 14th**, to see *The Golden Girls* live on stage — a show that promises plenty of humor and heart.

Tickets are $170.00 per person and include comfortable coach transportation, the show, and a delicious supper at The Barley Mow. At the time of purchase, you'll be able to choose your supper option: fish & fries, the Barley Mow burger, or a wrap, meat or vegetarian.

Please note that participants must be members of the Pembroke 50+ Active Living Centre. If you haven't yet renewed and would like to join us on this trip, now is the perfect time. You can take advantage of a special membership offer by purchasing your 2025–2026 membership for $10, provided you also buy the 2026–2027 membership for $25, giving you great value and extended membership coverage.

Just so you know, members who previously expressed interest will have **priority access** to purchase tickets on **Tuesday, January 6th at 10:00 a.m.**, and choose your seat on the bus. Any remaining tickets will go on sale to the **general membership** starting **Wednesday, January 7th**, and will be available until all tickets are sold. Grab your friends, pick your meal, and get ready for a golden afternoon and evening you won't want to miss!



The Pembroke 50+ Active Living Centre is proud to host a free Community Volunteer Income Tax Program (CVITP) clinic each year. Our volunteers play a vital role in helping individuals with modest incomes access the benefits and tax credits they deserve.

What Is the CVITP?

The CVITP provides free tax preparation for people with simple tax situations. Volunteers use CRA-approved software to help clients file accurate and timely returns.

Volunteer Opportunities

- Tax Preparers: Complete and file income tax and benefit returns and explain results to clients.
- Support Roles: Keep the clinic running smoothly, including:
    - Screeners who confirm eligibility and review documents.
    - Administrators who book appointments and make follow-up calls.

Requirements

Volunteers offer their services at no cost, follow federal privacy requirements, complete CRA training, and obtain a Police Record Check.

Why Volunteer?

It's a rewarding way to develop new skills, enjoy flexible involvement, and make a meaningful impact on seniors, newcomers, students, and others in our community.

If you are interested in volunteering, please leave your name at the office or email P50cvitpclinic@gmail.com. An in-service session will be held in December to assist with registration.

If you are a returning volunteer, please visit Canada.ca/taxes-volunteer to register.

PEER WATER COLOUR GROUP

CONTINUE TO MEET ON

THURSDAYS AT 1:00 P.M.

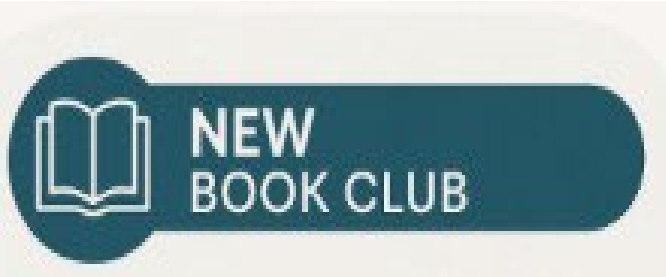
NO INSTRUCTOR.
HAVE SOME FUN AND CHAT WHILE YOU PAINT!

NEWCOMERS ALWAYS WELCOME!

We *know* that Observer-created Reality means that the world is as we see it through our five senses and, too, that what we focus on expands. Further, we *know* that the ***primary intent* of QuantumThink** is to "transform our thinking from the mind of Alice (in Wonderland) to the mind of the Queen". With this clarity we set the Intent to quantum shift; that is, stated otherwise, to transform our thinking so that we can truly "follow your bliss" as Joseph Campbell wisely suggested years ago. Now, if that appeals to you, you will fit in comfortably with the QuantumThink Team *because* that is quantum *thinking in practice*.

Our intention is to next meet on Wednesday January 14 at 1:30pm and to focus on Part II - Chapter 3 in the Do You QuantumThink? book, pages 131-139; as usually we will meet on the second floor in the kitchen/lounge, *or* our alternate location may be the computer room. Reminder: the book Do You QuantumThink? is available to sign out at the PPLibrary.

Proud Supporting Partner of the Centre's newsletter



Team for Authentic Happiness

After the Holiday Season we will have the opportunity to experience authentic happiness as a deliberate conscious act. We all want to be happy, of course, *so we* will develop a Practice of Happiness. Imagine the benefits of such a practice on your overall well-being and lifestyle. Our guide will be the one Martin Seligman referred to as "the backbone of the most popular course at Harvard"; that is, the book entitled Happiness: Learn the Secrets of Daily Joy and Lasting Fulfillment by author Dr. Ben-Shahar, professor of Positive Psychology. This book is an easy read calling for a committed practice, that is, a commitment you will thrive on!

This series of book club gatherings will begin on *Wednesday January 28th* --- please save the date already --- and we will continue once monthly every 4th week of the month on Wednesdays at 1:30pm. Lynn

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Hello January

Pembroke Active Living Centre 50 plus

Ontario

YOUR CENTRE'S NEWS

walk & talk

Walk & Talk — tentative: on Monday, January 26, 2026 .

More details to follow.

Kripalu YOGA

TEAM NOT PERFECTLY FIT

Certified Kripalu Yoga Instructor,1992

Professional KY Instructor Certification,2000

Classes Tuesday 4:30 p.m.-6pm

Saturday 10:30a.m. – 12 noon

$10/session

Do what you can do

so you can keep doing

what you want to do!!!

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SNEAK PEEK OF SOME 2026 UPCOMING SESSIONS & EVENTS! SAVE THE DATES!

Cooking with Chef Smith

- **Date:** Wednesday, January 28th
- **Time:** 11:00 AM
- **Presenter:** Chef Smith
- **Details:** *More details to be posted.*

Health & Wellness: Physio Service for Seniors

- **Date:** Thursday, February 12th
- **Time:** 10:00 AM
- **Presenter:** Justin Zadow from Ottawa Valley Physio
- **Details:** *"Physio Service for Seniors"*

Health & Wellness: Senior Scams

- **Date:** Thursday, February 26th
- **Time:** 10:00 AM
- **Presenter:** Paul Leeson from the OPP

Volunteer Appreciation Lunch with Entertainment

- **Date:** Friday, February 27th
- **Time:** *To be announced*
- **Entertainer:** *To be announced*
- **Details:** *More details to follow.*

Dietician – Healthy Eating

- **Date:** Monday, March 2nd
- **Time:** 11:30 AM
- **Presenter:** *To be announced*
- **Details:** *More details to follow.*

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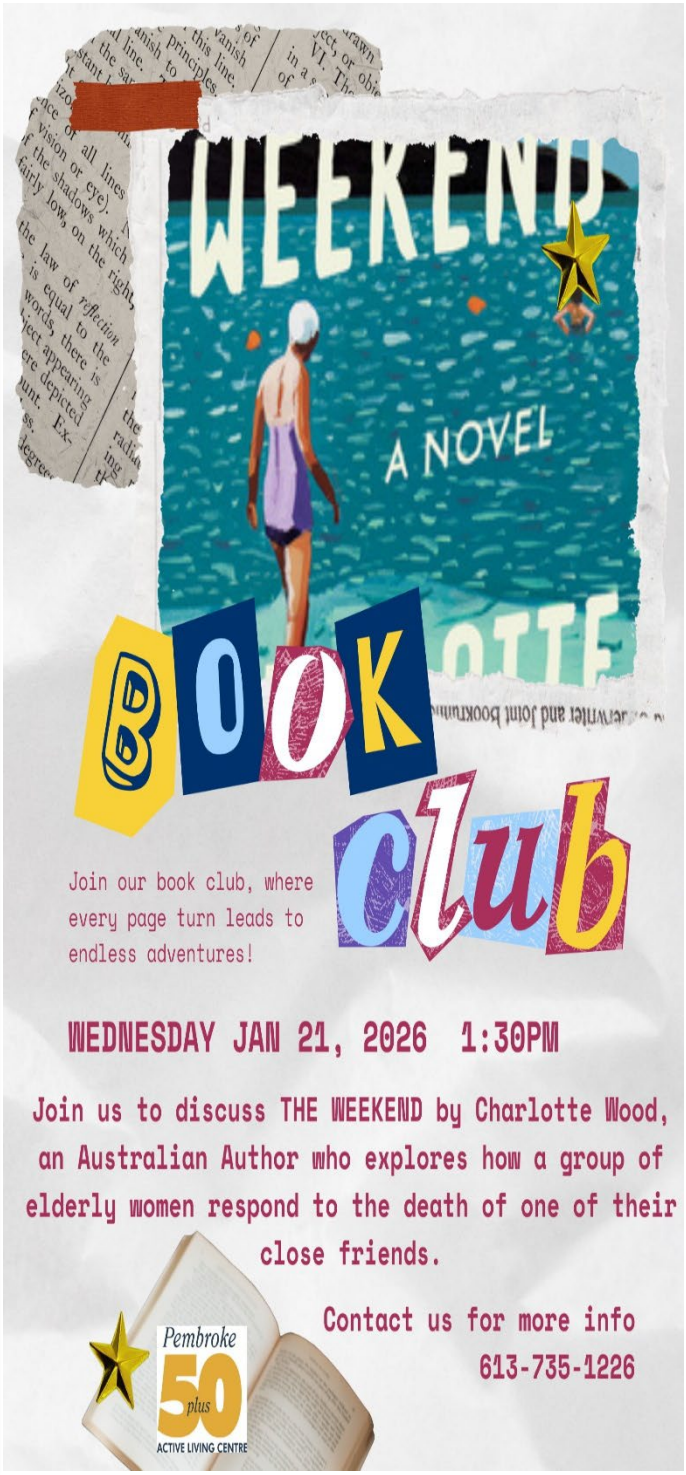
YOUR CENTRE'S NEWS

Please come join us every third Wednesday of the month at 1:30pm. Always have room for new reading partners. All are welcome!

January 2026 (Lynn F.)	*The Weekend*	Charlotte Wood
February 2026 (Pat W.)	*Fire Weather: The Making of a Beast*	John Vaillant
March 2026 (Pam L.)	*The Wall*	Marlen Haushafer
April 2026 ?	*The Thursday Murder Club*	Richard Osman
May 2026 ?	*The Wedding People*	Allison Espach
June 2026	Choose books for 26/27	

Additional Suggestions:

- *419* by Will Ferguson
- *Big Little Lies* by Liane Moriarity
- *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Anne Barrow
- *The Perfumiest of Paris* by Alka Joshi
- *Consider Yourself Kissed* by Jessica Stanley
- *The Grey Wolf* by Louise Penny
- *Burial Rites* by Hannah Kent
- *A Psalm for the Wild-Built* by Becky Chambers
- *James* by Percival Everett
- *Puppets* by Robert Stutt



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HELLO January

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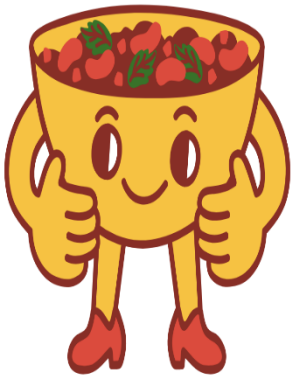
YOUR CENTRE'S NEWS

Pembroke 50+Active Living Centre
Is proud to Present
"A Culinary Tour of the World"

PEMBROKE PUBLIC LIBRARY

Monday January 12 11:30 am
Featuring Tanka & Alvaro – Chilean Cuisine
Sign up deadline: January 5
Don't Delay as only fifteen spots
per session are available!



Pembroke 50 plus ACTIVE LIVING CENTRE

Local Immigration Partnership
Partenariat local pour l'immigration
LANARK & RENFREW

Funded in part by the Government of Canada's New Horizons for Seniors Program | Canada

ALGONQUIN COLLEGE | Pembroke Campus

Water Colours with Robin Knox

Fridays at 1pm - Jan 9, 16, 23 and 30
4 Winter Wildlife Paint- A-long
$100 for the 4 classes
All Supplies included

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HELLO January

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Is it your Birthday this month?

A Special invitation just for you!
Enter a ballot to win
10 activity coupons !

Happy Birthday !
Good Luck !

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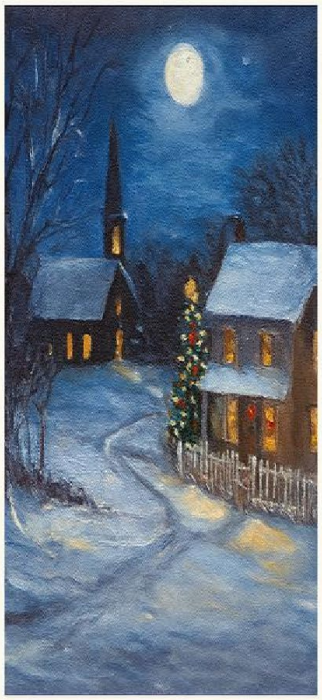
OIL/ACRYLIC CLASSES



will continue on
Mondays and Tuesdays at
9:30 a.m. with
Helen Nephin

CONTACT THE CENTER FOR MORE INFORMATION

Next Session Starts Mon Jan 12, 2026

Cari Jones Drawing Classes

Everyone is Welcome to Join
Beginner and Experienced
Monday Jan 12 at 1 pm

Contact the Centre for more details
613-735-1226

$128 for 8 weeks
payable in
1 or 2 installments

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5  9:00 a.m. Active Fit 9:30a.m. Acrylic/Oil 10:30a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1:30 Chess	**6** 9:30 a.m. Acrylic/Oil 9:30 a.m. Craft PHD/Chat **10 a.m. Priority Access Golden Girl Ticket Sale** 10 a.m. Mid Mobility 1 p.m. Let's Get-Fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. Chair & Standing Yoga	**7** 9 a.m. Active Fit 10:30 a.m. Beg. Bridge **10 a.m. General Membership Golden Girl Ticket Sale** 1 p.m. Cribbage 1 p.m. Mahjong	**8** 8:30 a.m. Active Fit **10 a.m. Wellness Thursday** 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolors 1 p.m. Bid Euchre	**9** 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 Watercolors 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	**10** 10:30 a.m. Kripalu Yoga
12 9:00 a.m. Active Fit 9:30a.m. Acrylic/Oil 10:30a.m. Line Dancing **11:30 a.m. Chilean Cooking Class** 1p.m. Carpet Bowling 1 p.m. Darts 1:30 Chess	**13** 9:30 a.m. Acrylic/Oil 9:30 a.m. Craft PHD/Chat 10 a.m. Mid Mobility 1 p.m. Let's Get-Fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. Chair & Standing Yoga	**14** 9 a.m. Active Fit 10:30 a.m. Beg. Bridge 1 p.m. Cribbage 1 pm Mahjong 1:30 p.m. Quantum Book Club	**15** 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolors 1 p.m. Bid Euchre	**16** 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 Watercolors 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	**17** 10:30 a.m. Kripalu Yoga
19 9:00 a.m. Active Fit 9:30a.m. Acrylic/Oil 10:30a.m. Line Dancing 1p.m. Carpet Bowling 1 p.m. Drawing 1 p.m. Darts 1:30 Chess	**20** 9:30 a.m. Acrylic/Oil 9:30 a.m. Craft PHD/Chat 10 a.m. Mid Mobility 1 p.m. Let's Get-Fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. Chair & Standing Yoga	**21** 9 a.m. Active Fit 10:30 a.m. Beg. Bridge 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Book Club	**22** 8:30 a.m. Active Fit **10 a.m. Wellness Thursday** 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolors 1 p.m. Bid Euchre	**23** 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 Watercolors 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	**24** 10:30 a.m. Kripalu Yoga
26 9:00 a.m. Active Fit 9:30a.m. Acrylic/Oil 10:30a.m. Line Dancing **Tentative Walk N Talk** 1p.m. Carpet Bowling 1 p.m. Drawing 1 p.m. Darts 1:30 Chess	**27** 9:30 a.m. Acrylic/Oil 9:30 a.m. Craft PHD/Chat 10 a.m. Mid Mobility 1 p.m. Let's Get-Fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. Chair & Standing Yoga	**28** 9 a.m. Active Fit 10:30 a.m. Beg. Bridge **11 a.m. Cooking Chef Smith** 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. New Book Club-Authentic Happiness	**29** 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolors 1 p.m. Bid Euchre	**30** 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 Watercolors 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	**31** 10:30 a.m. Kripalu Yoga

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