



2024

42 Renfrew Street, Pembroke ON. K8A 7T6 613-735-1226

www.pembrokeactivelivingcentre.com email pembrokeactivelivingcentre@cogeco.net

# Your Centre's NEWS

**TRIVIA NIGHT** Saturday  
**IN THE VALLEY** April 27, 2024



We regret to inform you that Trivia Night scheduled for Saturday, April 27, has been postponed due to unforeseen circumstances. We sincerely apologize for any inconvenience this may cause and appreciate your understanding. We are working diligently to reschedule the event and will provide updates as soon as possible. Thank you for your continued support.



Join us for choir practice, directed by Cari and accompanied by Darlene, where music and camaraderie unite. Beyond rehearsals, it's a cherished time for socializing and bonding over our shared passion. We convene on the first, third, fourth, and occasionally fifth Wednesday of each month at 1 p.m. Come be part of our harmonious community and experience the joy of singing together.



## Diner's Delight

**Date:** Wednesday April 17, 2024

**Menu:**

- Main Course: Chili Lime Pork Tenderloin
- Side Dish: Roasted Garlic and Chive mashed potatoes
- Side Dish: Apple Braised Cabbage
- Dessert: Lemon Raspberry Cake

**Pricing:**

- Members: \$25; Guests: \$28

**Ticket Deadline:** is Friday April 12, 2024

**Take-Out Option:**

- Pickup Time: Between 5:00 PM and 5:30 PM.
- Unclaimed Take-Out: Meals not picked up during this time will be refrigerated for the next day.

**Dining-In:**

- Supper Served: 5:45 PM.
- Arrival Time: Please plan to arrive no later than 5:30 PM as the doors will be locked after this time.

**Bring Your Own Place Setting:** Please bring your cutlery, plate, water glass, and/or cup for easy cleanup afterwards.

**Beverages:** Coffee and tea will be supplied, but guests are welcome to bring their own preferred beverage.



Proud supporting partner of the Centre's monthly newsletter

# Spring OPEN HOUSE

April 12 & 13 | 10 am - 4 pm



## Are you or a loved one considering senior living?

Join us at our **Spring Open House**, where you will find community, connection and a worry-free lifestyle that awaits you.

Ask about our time-limited **Move-In Offer\*** during your visit.

**Don't miss this opportunity to envision the possibilities!**

Claim your exclusive **Move-In Offer\*** during the event.



Billy Tippet | [btippet@chartwell.com](mailto:btippet@chartwell.com)

**Phone:** [\(613\) 775-5009](tel:(613)775-5009) **CHARTWELL.COM**

**CHARTWELL PEMBROKE HERITAGE**  
1111 Pembroke St. W.

**CHARTWELL PINWOOD**  
1022 Pembroke St. E.

**1-844-727-8679 | [Chartwell.com](http://Chartwell.com)**

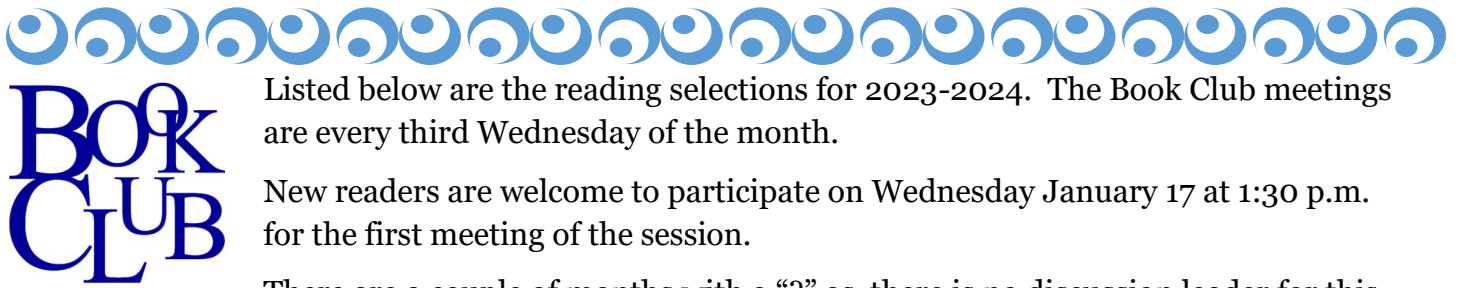
\*Limited-time offer. Conditions apply



**CHARTwell**

Terri Soukup | [tsoukup@chartwell.com](mailto:tsoukup@chartwell.com)

**Phone:** [\(613\) 775-5007](tel:(613)775-5007) **CHARTWELL.COM**



Listed below are the reading selections for 2023-2024. The Book Club meetings are every third Wednesday of the month.

New readers are welcome to participate on Wednesday January 17 at 1:30 p.m. for the first meeting of the session.

There are a couple of months with a “?” as there is no discussion leader for this selection. If you are interested, please let us know.

<b>MONTH</b> <i>Discussion Leader</i>	<b>TITLE</b>	<b>AUTHOR</b>
April 2024 ?	Deepfakes (Non-fiction)	Nina Schick
May 2024 ?	Rhubarb, Strawberries and Willows (fiction)	Sylvia Barnard
<b>June 2023</b>	<b>Choose books for 2023-2024</b>	
<b>Extra Reading Suggestions</b>		
	The Children’s Act	Ian McEwen
	Where the Crawdads Sing	Delia Owens
	Looking for Jane	Heather Marshall
	The Poison Bible	Barbara Kingsolver

**WHAT’S YOUR LIFE TRYING  
TO TEACH YOU?  
LIFE LESSONS**

Here’s a question - “what’s your life trying to teach you?”

This thought-provoking inquiry by J. Ian Henderson serves as the centerpiece of our "Life Lessons" group discussions, held on the first Wednesday of every month at 1:30 p.m. However, please note that our May meeting will take place at The Bentley Apartments, located at 1024 Pembroke Street East in Pembroke, ON. If you're a newcomer interested in joining our enlightening discussions, please call the Centre at 613-735-1226 to register in advance. We look forward to welcoming you to our engaging and introspective group discussions!



You can find magic wherever you look. Sit back & relax, all you need is a book ~ Dr. Seuss



Blair's Maple Products in Griffith, ON, presents a fantastic fundraising opportunity for the Centre. Indulge in their delicious maple syrup available in various sizes: 1 liter for \$28, 500ml bottles for \$15.00, and 250ml bottles for \$10.00. To support our fundraising efforts, please place your order with the volunteer on duty or the office, and savor the taste of locally sourced maple goodness while contributing to our Centre’s initiatives.



Michelle Renaud—Instructor

During Michelle's recovery from surgery, the Chair, Chair and Standing, and Gentle Floor Yoga classes will be on hiatus. We anticipate resuming these sessions in May, and we'll keep you informed of the exact dates to ensure you have enough time to register. In the meantime, we encourage you to maintain your practice at home. We appreciate your understanding and look forward to welcoming you back to class soon. We wish Michelle a speedy recovery and welcome her back in May!

UPDATE— We received a note from Michelle to say she is recovering well and can't wait to come back!



Lynn T. M.

Professional Level Kripalu Yoga Certification (2000)

Certified Kripalu Yoga Instructor (1992)

\* 30 years teaching experience\*

Experienced Beginners

Kripalu Yoga

Tuesday 4:30 —6 p.m.; Saturday 10 a.m.

\$10.00/session

**Exercise and Fitness  
at the Pembroke 50+ Active Living  
Centre**

All exercise classes are led by a trained Senior Fitness Instructor. Classes are upbeat and participants each work within their own ability level. Watch your strength, stamina, balance, & posture improve.

**Let's Get Fit a-Bit**

**Tuesday, 1:00 pm., 1 hr.**

Gentle movement & stretches to loosen the joints, wake up the muscles, & improve balance; mostly seated activities.

**Low-Mobility Fitness -**

**Friday at 9:30 a.m. - 45 minutes.**

A mixture of gentle cardio, strengthening, & balance exercises; seated & standing.

**Mid-Mobility Fitness -**

**Tuesday, 10:00 a.m., 1 hr.**

A higher level of activity with more cardio work plus strengthening & balance exercises; mostly standing but exercises can be done seated.

**Active Fitness -**

**Monday & Wednesday at 9 a.m.,**

**Thursday at 8:30 a.m. - 1 hr.**

Our highest level of workout with more intense cardio, strengthening, and balance exercises; cardio is while standing but participating while seated is always an option.

**Functional Fitness -**

**Friday at 8:30 a.m. - 45 minutes.**

Focusing entirely on building strength and balance.

Wear comfortable clothing and non-slip shoes and come try out our classes to find one that suits you best.



**Thursday April 11 - 1:00 pm. -**

**NEW ONE HOUR WALK-** After getting feedback from our March Showcase there seems to be interest in having a one hour walk so lets try it out! The goal will be to walk a half an hour out and a half an hour back. Let's meet at the Pembroke Marina playground and begin walking the Algonquin Trail going East. No need to preregister, just show up! You will be pleasantly surprised at how quickly an hour of walking passes by as we chat along... We are often surprised at the many new discoveries we encounter along our way!

**Monday April 22 - 1:00 pm -**

We will meet at the parking lot of Hugli's Berry farm 2131 Greenwood Road, ( beside Sunset Nursery). The plan today is to walk West along the Algonquin Trail towards Pembroke. We walk 1 hour out and 1 hour back. The terrain is flat and is a relatively easy walk. If this is your first time out we suggest bringing along a drink and/or snack. Our intention is to get exercise, enjoy nature and each other's company. Walking poles are available for anyone who would like them. Plan on enjoying the outdoors, meeting new friends and adding some steps to your day.

In the event of cancellation a message will be on the Centres telephone answering machine.



**Join or Renew Your Membership**



Renew your membership now for just \$25.00 and ensure uninterrupted access to all our facilities and events. Don't miss out on the opportunity to enjoy another year of benefits and community engagement. If you haven't renewed yet, simply approach the volunteer on duty, and they'll assist you with the process promptly. Upon renewal, you'll also receive a current parking pass to prominently display on your dashboard, safeguarding you against any potential tickets. For those who have previously registered but haven't received their membership card or parking pass, please don't hesitate to inquire about it at the



Volunteering at the Pembroke 50+ Active Living Centre opens the door to a multitude of rewarding opportunities. Whether lending a hand with social events, assisting with daily routines, or contributing to fundraising efforts, there's a role suited to every interest and skill set. From organizing engaging activities to supporting the center's mission, volunteers play a vital role in fostering a vibrant and inclusive community for older adults. Joining our team provides not only the chance to make a meaningful impact but also the opportunity to forge lasting friendships and connections. Experience the joy of giving back and enriching the lives of others by becoming a volunteer at the Centre today!

If you haven't completed a Volunteer form when you registered, please ask the volunteer on duty or at the office for a list of possibilities.



# ART PROGRAMS

- Acrylic/Oil Monday & Tuesday  
Current session ending April 29/30 .  
Pre-registrations required ; cost prorated to how many weeks remaining; cheques payable to Helen Nephin.
- 4 week paint-along style with Robin Knox -PETS, PORTRAITS AND PEOPLE  
Begins Friday April 12, 19, 26 and May 3rd  
\$80 all supplies included  
Fridays 9:30 to 11:30 a.m. Pre-registration is recommended as this will allow Robin to prepare for the class.
- Peer watercolour sessions continue  
Thursdays at 12:30 p.m.
- Drawing Mondays at 1 p.m.—Cari Jones Instructor; cost \$120.00/8 weeks. New session began Monday March 25, 2024. If interested in this class, please drop in before the class begins and talk to Cari. Cost will be prorated to the classes remaining.

## metro RECEIPT PROGRAM

The Centre is continuing with the Metro’s Receipt Program, realizing a 1% credit of the total submitted receipts. This credit is used to purchase supplies.

When shopping at Metro and your order is \$25.00+ (before taxes), please ask for your receipt to be stamped.

Please drop off your stamped receipts in the wall file in the level 1 kitchen.

Thank you to Laretta Handke for tabulating the receipts.



It is imperative that all attendees of Centre’s activities prominently display their parking pass on the dashboard of their vehicles when utilizing the

limited parking spaces allocated for such events. The scarcity of available parking necessitates strict adherence to this policy. **It is expressly requested that individuals refrain from occupying these spaces when not actively participating in Centre’s activities.** To enforce compliance, the City’s Parking Authority conducts periodic checks, and failure to display a valid parking pass may result in the issuance of a parking ticket.

For those in possession of an accessible parking permit, three public spaces have been designated in front of the Centre for their convenience. The first of these spaces is positioned adjacent to the walkway, serving as a ten-minute drop-off area. To facilitate easy identification, the City will once again be installing clear and conspicuous signage to determine these specific parking spots. This provision aims to accommodate individuals with accessibility needs and ensures that they have convenient access to the Centre without encountering any undue challenges.



Streamline your activity experience by purchasing convenient activity coupons instead of scrambling for loose change. With the flexibility to buy coupons in any monetary amount, it's easier than ever to participate in your favorite activities hassle-free.



## RENFREW COUNTY 55+ GAMES

**TRY  
Something  
NEW**

The eagerly anticipated Renfrew County 55+ Games, set for May, are awaiting their poster and registration forms, which are not yet finalized. Participants are encouraged to check back periodically at the Centre for updates. Once ready, the forms will be accessible on the organization's website and distributed via email. The games promise a diverse array of activities spread throughout Renfrew County, including Bid Euchre, Contract Bridge, shuffleboard, and carpet bowling, among others, ensuring a lively and engaging event for all involved.



### **For Older Canadians**

The "Money Matters for Older Canadians" series, launched earlier this month, has quickly gained traction with its informative and engaging sessions. The inaugural presentation on Frauds & Scams, featuring Sgt. Leeson from the auxiliary OPP, received a warm reception from attendees. This session provided valuable insights into recognizing and preventing financial exploitation, empowering older Canadians to safeguard their assets and financial well-being. Building on the success of this initial event, the series continues to delve into crucial topics relevant to the aging population.

Continuing with the theme of financial literacy and protection, the upcoming session will welcome Ian Kuehl, a Pembroke lawyer, who will address wills, Powers of Attorney (POAs), and the legal aspects surrounding these critical documents. Scheduled for April 19 at 1 p.m., this presentation promises to offer invaluable guidance on estate planning and legal preparations for the future. Open to the public, attendees are encouraged to bring along friends and family members to benefit from this essential information, ensuring they are equipped to make informed decisions regarding their financial and legal affairs.

- Looking to play Euchre? We have some eager players looking for some FUN competition on Fridays @ 1 p.m. No registration required, drop-in!
- Are you interested in learning Mahjong? Or would like to see the game in action? You are invited to come out and watch the game in action on Wednesday afternoons beginning at 1 p.m.
- Calling all canasta enthusiasts and newcomers alike! Join in on Thursday mornings to sit as a bystander to learn the ins and outs of this captivating card game. The group has a welcoming environment emphasizing on non competitive play, ensuring a fun and enjoyable experience for all participants. Come discover the joy of canasta!
- Join us every Monday at 1 pm for an exciting game of darts! Bring your own darts and join our fun-loving group as we aim for the bullseye and enjoy some friendly competition. Whether you're a seasoned player or just starting out, we welcome all skill levels and look forward to adding some extra excitement to your Mondays!



# April 2024

Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Drawing</p>	<p>2</p> <p>10 a.m. Mid Mobility 1 p.m. Let's get-fit-a-bit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga</p>	<p>3</p> <p>9 a.m. Active Fit 10 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir</p>	<p>4</p> <p>8:30 a.m. Active Fit 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>5</p> <p>8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess</p>	<p>6</p> <p>10:30 a.m. Kripalu Yoga</p>
<p>8</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Drawing</p>	<p>9</p> <p>10 a.m. Mid Mobility 1 p.m. Let's get-fit-a-bit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga</p>	<p>10</p> <p>9 a.m. Active Fit 10 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong <b>No choir today</b></p>	<p>11</p> <p>8:30 a.m. Active Fit 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours <b>1 p.m. Walk 'n Talk</b> 1 p.m. Bid Euchre</p>	<p>12</p> <p>8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess</p>	<p>13</p> <p>10:30 a.m. Kripalu Yoga</p>
<p>15</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts</p>	<p>16</p> <p>9:30 am Painting 10 a.m. Mid Mobility 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga</p>	<p>17</p> <p>9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir 1:30 Book Club 5:30 p.m. Diner's Delight</p>	<p>18</p> <p>8:30 a.m. Active Fit 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>19</p> <p>8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess <b>1 p.m. Wills &amp; POA seminar</b></p>	<p>20</p> <p>10:30 a.m. Kripalu Yoga</p>
<p>22</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts <b>1 p.m. Walk 'n Talk</b></p>	<p>23</p> <p>9:30 am Oil Painting 10 a.m. Mid Mobility 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga</p>	<p>24</p> <p>9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir</p>	<p>25</p> <p>8:30 a.m. Active Fit 10 a.m. Canasta 10:45a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>26</p> <p>8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess</p>	<p>27</p> <p>10:30 a.m. Kripalu Yoga</p>
<p>29</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts</p>	<p>30</p> <p>9:30 am Painting 10 a.m. Mid Mobility 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga</p>				