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Your Centre's NEWS



Time to Celebrate!

A heartfelt



TO OUR VOLUNTEERS

Join us for an unforgettable evening of dinner, entertainment, and dancing as we celebrate the Centre's 50th Anniversary in style! This special event will take place on Saturday, June 7 from 5 p.m. to 11 p.m. at the Clarion Hotel, bringing together current and past members and friends for a night of elegance and celebration.

Enjoy live music by Michael Curris, who will serenade guests in the smooth, timeless style of Michael Bublé. A cash bar will be available, and guests are encouraged to dress to impress, as cocktail attire is required for this elegant occasion.

Tickets are \$65 per person and includes appetizers, main course and dessert. The deadline to purchase your ticket is Friday May 30.

Secure your spot early and join us for an evening filled with great company, delightful entertainment, and cherished memories!

We are writing to express our gratitude for your invaluable assistance at the Pembroke 50+ Active Living Fair. Your dedication, enthusiasm, and hard work were integral to the success of the event.

Your commitment to making the day special for our seniors did not go unnoticed. From setting up booths to ensuring every attendee felt welcomed and engaged, your efforts created an atmosphere of warmth and inclusiveness.

It is because of volunteers like you that we can continue to host events that enrich the lives of our senior community members. Your willingness to give your time and energy is truly inspiring and deeply appreciated.

Thank you once again for your outstanding contribution. We look forward to working with you in future events.

Sincerely,

Organizing Committee

Pembroke 50+ Active Living Fair





Proud supporting partner of the Centre's monthly newsletter

SATURDAY, APRIL 5 • 11AM-2PM



CHARTwell

You're Invited!

APRIL 4 & 5 | 10 AM - 4 PM

OPEN HOUSE

613-775-5007 | CHARTwell.COM/OPENHOUSE

Spring Wellness Fair

Join us for our Spring Wellness Fair on Saturday, April 5th, from 11:00 AM to 2:00 PM, happening alongside our Open House! This is a fantastic opportunity to explore a variety of wellness services and meet representatives from organizations such as Pearly Whites Mobile, Gleam Optical, Nourish U Wellness, Canadian Hearing Services, and the Pembroke 50+ Active Living Centre.

Don't miss out on this exciting day of health and wellness!

For more information please contact:

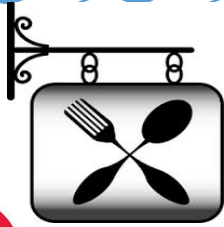
Terri Soukup, General Manager Phone: 613-735-4056

Email: tsoukup@charwell.com

1022 Pembroke St. E, Pembroke, ON



CHARTwell



Diner's
Delight



CHANGE IN LOCATION—

Diner's Delight heads to Boston Pizza! Join us on April 16th at 5:30 p.m. —space is limited to 25, so reserve your spot soon! Please register either with the volunteer on duty or the office no later than Thursday April 11th.

Come out for a relaxed evening, enjoy some great food, and share in friendly conversation. We look forward to dining together!

Heads up Diner's Delight on May 21 to Finnegan's Restaurant.

Please note that plans may change due to unforeseen circumstances. All details, including confirmation of the location, will be finalized and announced prior to the next Newsletter edition. Stay tuned for updates!



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 Laurretta Handke for tabulating the receipts.



Monday April 7th, 1:00pm.

Rescheduled date from the March cancelled Westmeath Hike. Today's hike will begin at the entrance of the **Westmeath Provincial Park** located on Westmeath Road, approximately a 20 minute drive, look for the green **Provincial Park** sign located on the left side of the road when coming from Pembroke. This beautiful wooded park is great to visit at any time of the year and a favorite for many locals. Parking is permitted on the side of the road if the parking lot is not suitable for the seasonal conditions. Expect to be out for **2+ hours** so bring a snack. Fingers crossed we have good weather this time!

Monday April 14, 1:00pm. - Today we will do a **1+ hour walk** along the **Algonquin Trail** heading West. Plan on meeting at the **Pembroke Riverside Park** parking lot by the Kiwanis Club House. Today's route is an easy flat walk, we will connect to the trail from Forced Road. We always adjust our pace pending the participants that come out on the day. Our one hour walks are at a slower pace and great for walkers who like a gentler pace. Hope to see you there.

Monday April 28, 1:00pm. - This **2+ hour walk** will begin at the **Muskrat River** boat launch parking lot located on the right side of Highway 17 when coming from Pembroke, just below the Westmeath Hill. Today we will head East following the water along the Algonquin Trail. This is a picturesque walk where we can enjoy the silence of nature and welcome the new sightings of Spring. Don't forget to bring along your camera and a drink/snack.

In the event of bad weather and a cancellation please check with the Centre.



BOOK CLUB

The book club meets on the third Wednesday of the month as indicated below at 1:30 p.m. New members are welcome to attend. For the months with “?” are months that are open for a discussions leader. The meetings are a collaborative and inclusive discussion, welcoming everyone's input.

MONTH <i>Discussion Leader</i>	TITLE	AUTHOR
April 2025 <i>Sue S.</i>	High Society (Fiction)	Daniel Kalla
May 2025 <i>?</i>	The Guest List (Mystery)	Lucy Foley
June 2025	Choose books for 2025/26!	
Additional Suggestions	“Someone’s Else’s Shoes—Jo Jo Moyes “Great Expectations” - Charles Dickens “The Stone Angel” & “The Diviners” - both by Margaret Lawrence “My Antonia” - Willa Cather “The Inheritance” - Joanna Goodman	



Not to be repetitive in relaying the same message, but it is imperative that everyone parks only in designated

spots and ensures their parking pass is visible. The new 2025-2026 parking pass is yellow—please place it on your dashboard. If you renewed your membership, you should have received the current pass. If you’re still using the green one, this is a friendly reminder to renew your membership.

Additionally, please refrain from parking in the spot reserved for the Office Administrator. Arlene occasionally needs to leave for Centre-related business and often returns to find her designated spot occupied. We understand that parking is limited, but additional spaces are available in front of the Bell building (marked as public parking) and at the Victoria Centre’s parking lot on Isabella Street. Your cooperation and understanding are greatly appreciated!and understanding are greatly appreciated!



The Centre is closed

Good Friday April 18th

And

Easter Monday April 19th.





Discover the ancient art of Qi-Gong every **Tuesday at 11:15 a.m.!** Qi-Gong is a gentle practice that combines movement, breathing techniques, and meditation to promote physical health, mental clarity, and emotional balance. Often described as “meditation in motion,” this practice is rooted in traditional Chinese medicine and is suitable for all fitness levels. It’s a wonderful way to reduce stress, improve flexibility, and enhance overall well-being.

Join us for just \$1.00 per week and experience the benefits for yourself. Classes are led by Suli Adams, an experienced and passionate instructor who will guide you through this peaceful and restorative practice. Whether you’re a beginner or looking to deepen your existing practice, Qi-Gong offers something for everyone. Come and find your calm!

Thank you Suli for your support to the Centre!



Lynn T. M.

Certified Kripalu Yoga Instructor, 1992
Professional-Level KY Instructor Certification,
2000

Classes: Tuesday 4:30 p.m.-6 p.m. *and*

Saturday 10:30 a.m.-12 noon

\$10.00/session

Do what you can

so you can keep doing what you do!!!

Balance - Strength - Flexibility -

Vitality - Coordination

New to the session? First one is free!

The current Michelle's Chair & Standing Yoga session continues every Tuesday evening. Since the session has begun, you may join in with a prorated cost to the weeks remaining prorated based on \$6./session.

March 4 will be the start of the next 8 week session; cost \$48.00. Classes **start** at 6:30 p.m., with entry through the lower front entrance (during the winter months). Registration

This gentle, course is perfect for those looking to improve strength and balance through seated and standing poses, all in a relaxed and supportive environment.

When registering for a class, please provide your **email address** if you wish to participate from home via **Zoom**. You will receive a **Zoom link** that will remain valid for all remaining classes in the current series.

Important Reminder: The Zoom link **changes** with every new **8-week session**, so a new link will be provided for future sessions.



Wednesday Bridge lessons will conclude at the end of April; however, you are more than welcome to continue playing for additional practice in a peer-led setting. Meanwhile, Tuesday afternoon Bridge games will continue in a noncompetitive and relaxed atmosphere, providing a great opportunity to enjoy the game while asking questions and improving your skills.



- The current Acrylic/Oil Monday & Tuesday session continues. New painters are always welcome.
- NEW Watercolour advanced beginner on Friday April 4, Thursday April 10, Fridays 25; May 2, 23 and 30. \$120 for 6 classes, all supplies included. Topic is Spring Florals and water landscapes; 9:30 to 11: 30 am. Preregistration is required at Centre or with Robin.
- Peer Watercolour sessions continue on Thursdays @ 12:30 p.m.
- Drawing Course—New to drawing? Beginners welcome, upon registration ask for a material list. New session TBA



Enjoy
Crokinole

Every third Thursday at 1 p.m.

Whether you're a seasoned player or a complete beginner, this is your chance to dive into this fun and engaging game. It's a fantastic way to spend the afternoon, meet new people, and enjoy some friendly competition.

Worried about not knowing how to play? Don't be! There will be plenty of help and guidance along the way. Our experienced players and friendly environment will ensure that you quickly get the hang of it. So come on down, join in the fun, and let's play Crokinole together!

Wellness Thursdays:

Thrive & Revive

We're thrilled to introduce "Wellness Thursdays: Thrive and Revive," a new program dedicated to self-care, health education, and wellness information! Thursday mornings will now be a special day to focus on rejuvenation and thriving health, offering our members a chance to learn, connect, and prioritize their well-being.

The planning committee has been very busy in scheduling interesting presentations. Please note the dates with the presentations beginning at 10 a.m.—12 noon.

FRIDAY April 11– (Please note date change) Dental Care by Tara Kelly, RDH (registered Dental Hygienist) at Dentistry Petawawa.

Thursday April 24—Foot Care by Audrey Waito of ip Top Toes.

Stay tuned for more exciting presentations!



Canasta Thursdays at 10 A.M. – Beginners Welcome!

Looking for a fun and social card game? Join us every Thursday morning at 10 a.m. for Canasta! Whether you're a seasoned player or new to the game, this is a great

opportunity to enjoy friendly competition, sharpen your skills, and connect with others in a welcoming environment.

Beginners are encouraged to join, as experienced players are happy to teach and guide you through the rules. Canasta is easy to learn and offers hours of entertainment. Come enjoy a relaxing morning of cards, conversation, and





Proud supporting partner of the Centre's monthly newsletter



VENVI
HERITAGE MANOR
— Retirement Living —

*Springtime
in Paris*



Wednesday, April 23
Beginning at 2pm

Heritage Manor | Billy Tippet Billy.Tippet@cogirseniorliving.ca

1111 Pembroke St. W., Pembroke, ON

T. 613-635-7926 ext.1200 C:343-369-0241





it's time to
**RENEW YOUR
MEMBERSHIP**

TECH TALK

Thursday April 17 @ 1 p.m.

If you didn't have a chance to renew your membership during the March Membership Drive, don't worry—our dedicated volunteers are here to assist you! Whether you're renewing for another year or joining us for the first time, we're happy to help guide you through the process. Maintaining an active membership ensures you can continue enjoying all the wonderful programs, events, and activities our Centre has to offer.

We're excited to share that renewing your membership is now easier and more convenient than ever. We now accept debit and credit card payments, making the process seamless and hassle-free. No need to worry about carrying cash—just stop by, and our volunteers will take care of the rest.

For those who have already renewed, the 2025-2026 membership cards are ready for pickup. To receive yours, please bring the temporary card that was issued to you when you renewed your membership. This helps us confirm your renewal and ensures a smooth handover of your new card.

Be sure to ask for the new bright yellow membership card when you stop by! This updated card will serve as your proof of membership, allowing you to continue accessing all the fantastic opportunities available at the Centre. We appreciate your ongoing support and look forward to seeing you soon!

The next Tech Talk, scheduled for Thursday, April 17, at 1 p.m., will cover a variety of useful topics to help participants navigate their digital devices more efficiently. One focus will be USB keys—how to scan them for potential threats before opening files and how to properly eject them to prevent data corruption. Attendees will also explore the most common web browsers, such as Google Chrome, Mozilla Firefox, Microsoft Edge, and Safari, discussing their features and differences. Additionally, the session will explain what a cache is, how it stores temporary internet data to speed up browsing, and the importance of clearing it periodically to maintain performance and privacy.

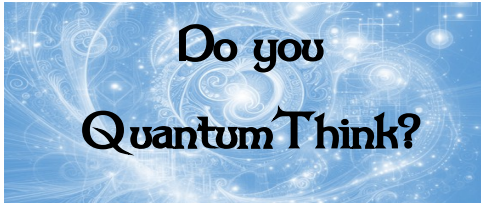
Other key topics include bookmarking websites, making it easier to revisit important pages without needing to search for them again. Participants will learn how to organize their bookmarks and retrieve them quickly when needed. The discussion will also cover browser history—what it records, how to access it, and how to clear or manage it for better privacy. Finally, the session will touch on adjusting webpage views, including zooming in and out, modifying text size, and using reader modes to improve readability. This Tech Talk aims to provide practical knowledge that can make everyday browsing smoother and more secure.

Pre-registration is required to ensure there is sufficient handouts and if the class needs to be cancelled we know who to call.



*Dance with the daffodils
and feel spring's warmth.*





Submitted by Lynn T. Murphy

Life Lessons meeting group have expanded their repertoire to move on to read and explore the book by Dianne Collins' Do you QuantumThink?

This Non-Fiction discussion book group meet the first Wednesday of each month at 1:30pm.

As we have just launched into Dianne Collin's book, we earnestly invite you to join our discussion of "simple yet profound principles and practices that will expand your mind, lift your spirit, and satisfy your soul".

DYQT (available at our Pembroke Public Library for your perusal) is one truly illuminating read!

Looking forward to connecting with you and sharing in a *curiouser and curiouser* adventure.

Be sure to mark May 7 at 1:30 pm to join in the discussion of this intriguing read.

Darts

Mondays at 1 P.M.



Join us every Monday at 1 p.m. for an afternoon of darts! Whether you're a seasoned player or just

starting, this is a great way to have fun, stay active, and enjoy friendly competition in a relaxed atmosphere. Come aim for the bullseye and socialize with fellow dart enthusiasts!



What's in store for April?

Check out the weekly "Thing Draw" in the back entrance—every week is a different item you can win. Simply put your \$2.00 and ballot in the bucket provided to enter to win. Great prizes so make sure you check it out!

Split-the-deck—and this is how it works!

- See the volunteer on duty
- Pay \$5.00/card—buy as many as you like
- You'll be given a marker
- Go to display in the main activity room to sign your name and phone number on your card choice(s).
- The winning pot could be as high as \$250.00 providing all cards are purchased.
- Don't forget to save June 7th for our 50th Anniversary Gala—see page 1 for details.

Carpet Bowling Mondays

Looking for a fun and welcoming activity to kickstart your week? Join us every Monday at 1 p.m. for an enjoyable afternoon of carpet bowling—a game that's easy to learn and great for all ages!

Perfect for beginners—no experience needed! A relaxed, friendly atmosphere to meet new people. Enjoy light exercise and lots of laughter.

Whether you're curious about the game or simply looking for a way to unwind, we've got you covered. Come try it out and discover why carpet bowling is loved by so many!

Mark your calendar, bring your enthusiasm, and join the fun!





Needle Felting

Workshop #2

May 2

1 pm–3 pm

Discover the art of needle felting at our upcoming workshop on May 2, led by the talented Sharron. In this hands-on session, you'll learn how to shape and sculpt wool fibers to create a charming 3D animal figure. Whether you're a beginner or have some experience, this workshop is a great opportunity to explore your creativity in a fun and relaxed setting. All materials are included, so you only need to bring your imagination!

The registration cost is \$15.00, making this an affordable and engaging way to try something new.

Spaces are limited to 20, so be sure to register early to secure your spot. Registration deadline April 28th.

Needle felting is a rewarding craft that allows for endless artistic possibilities, and by the end of the session, you'll take home your very own handmade creation. Don't miss out on this enjoyable and creative experience!



Thanks to Blair's Maple Products for their ongoing partnership with the Centre.

Thanks to them, we're stocked with all sorts of sticky goodness: bottles of syrup in various sizes

(because who buys the small one?), maple sugar that melts in your mouth, and maple butter so smooth it might just replace your significant other. Just picture it—lightly browned toast, a cup of tea, and a generous smear of maple butter. It's basically a hug for your taste buds.

Blair's delicious maple syrup is made from pure, locally sourced sap and carefully processed to maintain its rich, natural flavor. Whether drizzled over pancakes, mixed into recipes, or enjoyed straight from the spoon, this syrup is a true taste of Canada's maple tradition. Available in a variety of sizes, from gift-friendly bottles to large jugs for the true maple enthusiasts, there's an option for everyone.

- 250 ml—\$10.00
- 500 ml—\$15.00
- 1 lt—\$28.00
- Maple butter—\$14.00
- Maple sugar -
 - * 1/4 lb—\$8.00
 - *1/2 lb—\$15.00
 - *1 lb—\$25.00



Beyond syrup, Blair's also offers maple butter—a creamy, caramel-like spread that elevates toast, pastries, and desserts—and maple sugar, a natural sweetener perfect for baking, coffee, or sprinkling over oatmeal and yogurt. This granulated maple goodness captures the essence of syrup in a convenient, easy-to-use form. We're grateful for this sweet partnership and

encourage everyone to indulge in these delicious offerings available through the Centre.



Introducing

ORTC:

Ottawa River Transit - City of Pembroke

The City of Pembroke’s Council approved the introduction of a new on-demand transit service for City residents, with an initial start this summer and a full launch in September.

The new on-demand transit service will run within Pembroke’s city limits but will also stop at the Walmart in the Township of Laurentian Valley. This service is solely funded through fares, ads, government grants, and City of Pembroke property taxes.

This on-demand transit service is still in the initial planning stages.

More information will be added to their [website \(please click here\)](#) as it becomes available. Please check back or subscribe to the City’s page for the latest updates.

Looking for:

A Centre member is looking for used “all occasion cards” for a special project. If you have any greeting cards—birthday, holiday, thank-you, or just-because—that you no longer need, consider donating them. This is a wonderful opportunity to give these cards a second life while supporting a creative and meaningful initiative.

What better time to recycle and reuse than in April as we celebrate Earth Day? Donating your used cards not only helps reduce waste but also promotes sustainability in a simple yet impactful way. Drop off your cards at the Centre and take part in this small act of kindness that benefits both the environment and the community.

Just drop them off at the office or with the volunteer on duty.

PleinAir

This July, embrace the beauty of the outdoors with our **Plein Air Painting** peer activity!



Plein air painting is the practice of painting outdoors, capturing natural light, colors, and scenery in real time. It allows artists to experience and depict their surroundings directly, rather than working from photographs or memory.

Every **Friday morning at 9:30 a.m.**, artists of all skill levels are invited to bring their creativity outside and capture the world around them. Whether you're drawn to landscapes, flowers, or urban scenes, plein air painting offers a wonderful opportunity to experience nature while honing your artistic skills with all mediums.

Participants must bring their own supplies, including paints, brushes, and easels.

Since this activity is **weather-dependent**, we encourage everyone to check for updates before heading out. Each week, we will post the painting location so you know where to meet, ensuring a new and inspiring setting for your artwork.

If you’re interested in joining, let us know! Whether you’re a seasoned artist or just beginning, this is a great way to connect with fellow painters and enjoy the fresh air. Don’t miss this chance to combine art and nature in a relaxing and inspiring way.

Thank you Robin, for your interest in planning this activity.

Please note this is not an instructor lead course.



April 2025

Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15a.m. Qi-Gong 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	2 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahj	3 8:30 a.m. Active Fit 10 a.m. Canasta 10 am– Wellness Series: Dental Hygiene 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	4 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 a.m. Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre Chartwell Open House	5 10:30 a.m. Kripalu Yoga Chartwell Open House
7 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Walk 'n Talk 1:30 p.m. Chess	8 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	9 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	10 8:30 a.m. Active Fit 9:30 a.m. Watercolours 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	11 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 10 am– Wellness Series: Dental Hygiene 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre Deadline to register for Diner's Delight	12 10:30 a.m. Kripalu Yoga
14 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. SnowWalk 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Walk 'n Talk 1:30 p.m. Chess	15 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	16 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Book Club 5:30 p.m. Diner's Delight	17 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre 1 p.m. Tech Talk 1 p.m. Crokinole	18 Good Friday Centre Closed	19 10:30 a.m. Kripalu Yoga
21 Easter Monday Centre Closed	22 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let's get-fit 1 p.m. Bridge 1:30 pm Chess 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	23 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong Venvi Heritage Springtime in Paris	24 8:30 a.m. Active Fit 10 a.m. Canasta 10 am– Wellness Series: Foot Care 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	25 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	26 10:30 a.m. Kripalu Yoga
28 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 pm Walk 'n Talk 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1:30 p.m. Chess	29 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	30 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	May 1 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	May 2 9:30 a.m. Functional Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 pm Needle Felting	May 3 10:30 a.m. Kripalu Yoga