



Pembroke 50+ Active Living Centre

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



Your Centre's NEWS



Stay safe, stay in touch

We are working hard in determining the next steps of re-opening for regular “in-person” activities. We will be consulting with the Renfrew County District Health Unit for guidelines and their recommendations. So stay tuned.

To all our members, thank you for your continued membership and support. Your commitment to the Pembroke 50+ Active Living Centre has enabled us to provide varied programming; exercises, learning, social and fun activities. Together we are more than an organization, we are a community. This year our membership drive was cut short and not everyone had a chance to renew memberships. For those members who did before the Centre closed thank you!

We would now like to continue with our membership drive and asking for your support in purchasing your 2020-2021 membership of \$20.00. When we re-open, you will be on the “ground running” .

We have provided you with options in the renewing process.

Option # 1 - (download form from website)

Download the membership form and print it off. Complete and submit with payment by cheque either by mailing or dropping off in front mailbox at the Centre.

Mailing address:

Pembroke 50+ Active Living Centre ,
42 Renfrew Street, Pembroke ON K8A 7T6

Option #2 Mail form with payment

For those who receive the monthly newsletter by mail, a 2020-2021 membership form is included in your envelope. Complete and submit with payment either by mailing or dropping it off in the Centre’s mailbox at the Renfrew street entrance.

Option #3

E-mail membership online form

For those who have an email listed with us, will receive a form that is fillable online. Complete instructions will be included in the email. There is an option at the bottom of the second section to indicate e-transfer payment to pembrokeactivelivingcentre@cogeco.net, mail or drop off with your cheque to the Centre .

Once your payment is received and processed, your membership will become valid.

If you have any questions, please email or leave a phone message.

We appreciate your continued support during this unprecedented year. Together we’ll get through this.

We **WILL** be back enjoying activities, social connections and catching up with each other.





The Book Club met in June via Zoom to choose their reading selections for September 2020 - May 2021, with June 2021 to meet again to choose for next year. If you have read any of the selections, please feel free to join in on the discussion.

With the current restrictions of COVID-19 we are not sure if they will meet in person or again on Zoom.

We'll keep you informed...

MONTH <i>Chairperson</i>	TITLE	AUTHOR	GENRE	SYNOPSIS
Sept. 2020 <i>Pam L.</i>	The Light Between Oceans	M.L. Stedman	Historical Fiction	A lighthouse keeper and his wife live in an isolated area. They discover a dead man and a baby still alive and decide to keep the baby and raise as their own....
Oct. 2020 <i>Lynn F.</i>	Lampedusa	Steven Price	Fiction	The story of a dying author of the famous Italian novel - "Leopard". He contemplates old age, dying and "righting one's life"--- beautiful, poetic writing style.
Nov. 2020 <i>Maralyn Q.</i>	American Dirt	Jeanine Cummins	Fiction Suspense	The story of South American immigrants making their way to the USA for a new life and refuge from the brutality in their own countries.
Dec. 2020	NO BOOK CLUB -			
Jan. 2021 <i>Pat K.</i>	The Home for Unwanted Girls	Joanna Goodman	Historical Fiction	Story based on fact in Quebec – Duplessis Era – 1950's – children in orphanages are committed to psychiatric facilities. We journey with a young English speaking girl who, at 15 , falls in love with a French speaking boy and becomes pregnant. Her family pressures her to give up her baby for "adoption". We follow her ensuing life and the life of her young daughter living in a psychiatric facility.
Feb. 2021	Where the Crawdads Sing	Delea Owens	Novel Mystery	A 6 year old is abandoned by her mother and eventually her siblings. She stays on the Homestead in the wetlands in Southern U.S. and fends for herself. Her survival skills beautifully intertwine with her love of Nature, sketching and discoveries , but a murder mystery also unfolds!
March 2021 <i>Mieke M.</i>	The Huntress	Kate Quinn	Fiction Mystery	WW2 setting- Story begins in post war period. War criminals are being "hunted". Flashbacks to war throughout the story.
April 2021 <i>Marilyn C.</i> <i>Or Alternate</i>	The Wake: The Deadly Legacy of a Newfoundland Tsunami	Linden MacIntyre	Historical True Story	A story about the resilience and caring of the Maritime people.
May 2021 <i>Sherry C.</i>	The Mountains Sing	Nguyen Phan Que Mai	Historical Fiction	Story takes place during Vietnam War and focusses on a North Vietnamese family's struggles
JUNE 2021	MEET TO CHOOSE BOOKS FOR 2021 - 2022			



*Here's What
We've Been
Up to!*

Virtual Exercises -keeping you active

Thank you to Connie Daiken, Senior Fitness Instructor and our Centre's Active Fit instructors, in cooperation with the West Champlain Family Health Team to offer Active Fit classes via Zoom at our Centre, taking advantage of our space, PA system and wireless mic.

Please contact Connie at connie.daiken@westchamplainfht.com and let her know which day or days you want to join and she will send you a link so you can access the class or classes you want to participate in.

Centre's exercise classes are as follows:

- ◆ **MONDAY** Active Fit 11 a.m. to 12 p.m.
- ◆ **WEDNESDAY** Active Fit 11 a.m. - 12 p.m.
- ◆ **THURSDAY** Functional Fitness -
10 a.m. - 10:45 a.m.
Please note this class is weights and strength training - no cardio
- ◆ **FRIDAY** Active Fit 8:30 a.m. - 9:30 a.m.

If you can't make the Zoom classes, search on Youtube—wcfht exercise. Choose your exercise.

Virtual Yoga-keeping you active

Jason Secord one of the Centre's Yoga instructors has shared some practice videos on YouTube at the following address:

<https://www.youtube.com/channel/UCiEgXdSzkhOnCUeqiqDEhrg>

(just copy the address and paste the above address in you're the search box of your search engine (Google Chrome, Yahoo, etc.)

There are four videos for you to practice:

- Beginner Yin Flow Full (Energy Flow)
- Yin Flow (Energy Flow)
- Upper Body Yin Flow
- 30 minute Gigong

Thank you Jason for sharing!

Two grant applications have been completed and submitted by the Grant Committee and Arlene - No word yet if we were successful

- Zoom exercise weekly classes 4 times/week hosted by 5 volunteers!
- Arlene:
 - ◇ has been working on the SCWW weekly programming, researching, developing and implementing
 - ◇ continues the administration duties i.e., phone calls, weekly financials, emails and correspondence
 - ◇ Develops and publishes the monthly newsletter and mails out to those who do not have an email address
 - ◇ Attends webinars as related to the SCWW programming and operations of the Centre
 - ◇ Developed online survey and membership form
- Patti continues to write the bi-weekly newspaper article
- The Board of Directors meet as scheduled
- The Finance & Advocacy Committee meets on a regular basis
- Lorne, Lynn, Mieke and Arlene have completed the Year end report to the Ministry of Seniors and Accessibility
- Ongoing maintenance/upgrades in the Centre
- Volunteers will again reach out to those without email
- Executive met with the Auditor to review and accept the 2019-2020 Financial Audit.

Although we are closed the "behind the scenes" work continues.



RECIPE CORNER

REFRESHING WATERMELON

FETA SALAD

Ingredients

- 3/4 tablespoon **lime juice**
- 1/4 cup **red onion** (sliced, cut lengthwise)
- 4 cups **watermelon** (cubed)
- 3/4 cup **English cucumber** (cubed)
- 1/4 cup **feta cheese** (crumbled)
- 1/8 cup **chopped fresh cilantro***
- cracked black pepper to taste
- sea salt to taste

Directions:

In a small bowl, pour lime juice over red onions. Allow to marinate while assembling the salad.

Gently combine the watermelon, cucumber, feta cheese and cilantro in a bowl. Season with black pepper. Toss watermelon salad with marinated onions and season with sea salt just before serving.

* you may substitute cilantro with fresh mint, basil or parsley.

Give it a twist and add some fresh strawberries or blueberries or both!



SENIORS CENTRE WITHOUT WALLS

Taking an alternate path to programming, the Centre would like to know your thoughts.

A short on-line survey will be emailed out shortly, tailored to internet usage and virtual programming.

For those on our mailing list, volunteers will call and ask your opinion on the following questions:

- Have you participated in “Seniors Centre Without Walls” - SCWW programming?
- Are you familiar on how it works?
- Would it be a benefit to you, if we were to give you a call with more of an explanation?
- Would it be of assistance, if we were to call you prior to the program to join in?
- If you have participated what did you like? Or dislike?
- What type of programs would you like to participate in?...presentations, fun games/ chat

We thank you in advance for your time to talk to the volunteer when they call. We want to stay in touch!

We keep moving
forward,
opening new doors
&
doing new things,
because we're
curious
&
curiosity
keeps leading us
down new paths.

Walt Disney



COVID-19 SURVEY

PREPARED BY THE OLDER ADULTS CENTRE ASSOCIATION OF ONTARIO

As you know, many centres closed their doors in March 2020 to help flatten the curve. As communities across Ontario begin to re-open, we are exploring what our new way of delivering services might look like, and how we can continue to support the health and wellbeing of our members, while keeping our community safe.

Please take 10 - 15 minutes to complete this survey. While we don't know what the future will hold, your responses will help us develop our re-opening plan so that all our members can be safe and comfortable participating in our programs. All of your answers are voluntary and will be kept confidential.

Please complete the survey by August 5, 2020.

For those with internet connection, here is the link to the survey:

<https://www.surveymonkey.com/r/OACAOsurveyEastern>

Our Centre is participating in this survey as a member of the Older Adult Centres' Association of Ontario (OACAO), who are administering the survey on behalf of their member centres across Ontario.

For those without internet access, a volunteer will call you to take part in the survey. You will be asked to rate your answers on various questions such as:

- Your age
- On average how many time/week do you usually visit the Centre
- What top 3 social recreational programs you feel should be prioritized by the Centre
- How comfortable do you feel about returning to the Centre, assuming appropriate protocols are met
- What safety measures would you like to see in place at reopening?
- Do you have access to a mask?
- Do you typically access food at the Centre? i.e., lunch, special event meals, snacks
- Have you used any online or virtual programs or resources during closure e.g., Telephone or Zoom Programs?
- Would you be interested in participating in online or virtual programming after the Centre reopens?
- Prior to closure, how greatly did you rely on the Centre for each of the following: Social, physical, mental health, volunteer opportunities, sense of belonging, Education programs, etc.

Thank you for taking the time to provide us with your valuable feedback. We look forward to seeing you return to programming when it is safe to do so. We are working hard to ensure the safest and most effective return possible.



SENIORS CENTRE WITHOUT WALLS

thank you!

SCWW JULY

This programming is much more than picking up the phone and “just talking”. It is about connecting with each other from the comfort of your own home. The calls provides educational and recreational programming in a fun and interactive atmosphere. You don’t have to worry about how to connect, its simply done by picking up your phone and dialing in.

On one of the recent “story” sharing sessions, someone read from Rick Mercer’s book. A poignant short excerpt of nurses, on their day of graduation and what their profession would entail. Although it was from 2014 certainly holds true of today, how nurses are front line workers and the perils they face during this time of COVID-19.

Another story was how “Bob & Doug Mackenzie” characters were developed because SCTV required more Canadian content and 2 minutes longer programming. We listened to one of A.A. Milne’s poems. Brought back memories.

The short anecdote can be of your own penmanship, but it also can be a favorite poem, a favorite book you read to your children or grandchildren. I know I want to hear about “The Winky Wonky Donkey”.

Have you read a book this summer, that you would like to talk about? Maybe it will entice other participants to pick it up and read.

All we ask is to give this (SCWW) programming a try; there is no charge for you to call and we would love to hear from you.

Most programs begin at 1 p.m. and last from 30-60 minutes, depending on the response and how many are on the call. No registration is required, just dial in close to the time of the programming.

- Dial 1-866-279-1594 number is toll free
- Follow prompts
- Enter the guest code 179769 -remains the same for every session

PROGRAM PRESENTORS

June 25th - Roger Lavoie, entertained us during our Happy Hour!

July 6 & 13th - Ms. Jo Riding, GM of the Canadian Tulip Festival provided some interesting tidbits of the history of this festival and the background of what is entailed in the planning.

July 8th - Front Page Challenge guest - Fred Blackstein! Thank you for being our guest.

TAI CHI IN THE PARK



Tai Chi is back at the Pembroke Marina, every Wednesday morning at 9 a.m.

(weather permitting). Physical distancing will be in effect and please adhere to all COVID-19 protocols.

WHAT DO YOU CALL AN ALLIGATOR IN A VEST?



AN INVESTIGATOR.



SENIORS CENTRE WITHOUT WALLS

Tuesday August 4, 11, 18 & 25 @ 1 p.m. “**Mindfulness Meditation with Paul**”. Join Paul Mayfield (Breathe & Be YOGA) for a half hour of Mindful Meditation practice. Mindful Meditation is the practice of actually being present in the moment, training us to become more mindful throughout the day, particularly during difficult situations.

Wednesday August 5 @ 1 p.m. BINGO - Do you have a deck of playing cards? That is all you will need. Shuffle them and get ready to call BINGO!

Thursday August 6 @ 1 p.m. General Trivia - No worries on not knowing the answer, the aim is to explore the world of trivia while keeping a smile on your face. What country holds the record for the longest dance party (55 hours long!)? - phone in with your answer. Better yet come with your own questions.

Wednesday August 12 @ 10:30 a.m. (note the time) - **Table Talk** - just like we are sitting around the lunch room table. So what have you been up to? Grab a coffee, and let's catch up.

Thursday August 13 @ 1 p.m. Tickle your Funny Bone - Why does a chicken coup only have two doors? Because if it had four doors it would be a chicken sedan! Or At any given time, the urge to sing “The lion sleeps tonight”, is just a whim away, a whim away, a whim away, a whim away. I bet you are singing it now! Call in with your renditions.....

Wednesday August 19 @ 1 p.m. Would you rather? Our last session proved to be hilariously entertaining. Like all programs, although there is a topic, the conversation veers off in another direction.

Thursday August 20 @ 1 p.m. Categories is a brain-stimulating activity, where everyone is able to contribute to the conversation. The challenge is to try and think of as many items in a category as you can. An example category would be fast food.

And items in the category? Chicken nuggets, pizza, hamburgers, hot dogs, French fries, McDonald's apple pies, chicken sandwiches, and on and on. How many things can you think of?

Wednesday August 26 @ 1 p.m. Fact or Fiction. You don't sneeze when you are asleep because the nerves involved in the sneeze reflect are also resting. Is this a fact or I am pulling your leg?

Thursday August 27 @ 1 p.m. Share a story or poem. Could be of your own penmanship or a short tidbit that you found interesting. Have you read the Wonky Donkey?

Participation is opened to anyone 50+ No registration is required!

Dial in 1-866- 279-1594 follow the prompts & enter Guest Code 179769

Please share the schedule with your friends and neighbors - no membership required.

If you miss the “table chat” around the lunch room table, you will enjoy the conversation during these call.

AUGUST 2020

Seniors Centre Without Walls Schedule, ZOOM Exercise classes, Tai Chi

Registration not required, pick up your phone and....

Dial in 1-866- 279-1594 follow the prompts

Enter Guest code 179769 followed by the # key - Code is for every program

Mon	Tue	Wed	Thu	Fri
Active Fit via Zoom 11 a.m. - 12 noon (remainder of month)		9 a.m. Tai Chi @ Marina (weather permitting) Active Fit via Zoom 11 a.m. - 12 noon (remainder of month)	Functional Fitness via Zoom 10 a.m. - 10:45 a.m. (remainder of month)	Active Fit via Zoom 8:30 a.m. -9:30a.m (remainder of month)
3	4 1 p.m. Mindfulness Meditation with Paul	5 1 p.m. BINGO	6 1 p.m. General Fun Trivia	7
10	11 1 p.m. Mindfulness Meditation with Paul	12 10:30 a.m. Table Talk	13 1 p.m. Tickle your Funny Bone	14
17	18 1 p.m. Mindfulness Meditation with Paul	19 1 p.m. Would you rather..	20 1 p.m. Categories	21
24	25 1 p.m. Mindfulness Meditation with Paul	26 1 p.m. Fact or Fiction	27 1 p.m. Share a story	28
31	SEPTEMBER 1 1 p.m. Mindfulness Meditation with Paul	September 2 1 p.m. BINGO	September 3 1 p.m. Sweet Trivia	September 4