



Be **STRONG** ♥
 Think **POSITIVE** &
 Stay **SAFE**

This past year during COVID has been trying to say the least.

We have had to change our habits, our planning, and our everyday way of life.

We took for granted, seeing the doctor in person, shopping for groceries, staying in touch at the Centre, going to the movies or Diner's Delight, that sunny warm vacation, family visits and just the freedom of doing what you wanted, when you wanted without restrictions.

We have gotten accustomed to Zoom for family gatherings and celebrations, talking on the phone (more) for entertainment with Seniors Centre Without Walls and just reaching out to a person to make that social connection. And of course, not forgetting to take your mask when you walk out the door. Been there, done that!

And there are positives! We have become adaptive – yeah team, high five! We see the value in quality time, gardening, learning a new craft, taking the time to read, baking, our pets are happy, eating healthier, enjoying the outdoors and singing “Happy Birthday TWICE when washing our hands.

We have had to adjust as well at the Centre. The implementation of Zoom for exercises, get-togethers and meetings, Senior Centres without Walls and e-transfers. The Centre's in-person programs and activities are on a hiatus – but we are optimistic they will be back stronger than ever!

Again, thank you, everyone, who donated to the Centre's COVID-19 Financial Recovery Plan, showed support in purchasing the annual membership and donations for activity fees. Your generosity is a heartwarming reminder of your commitment to the Centre.

For those who have not yet renewed your 2020-2021 membership, the Board has voted in favour to offer the remaining two months of this fiscal year's membership for only \$10! Your show of support is much appreciated and valued.



We are proud to announce:

The Pembroke 50+ Active Living Centre is happy to receive funding from the Government of Canada's New Horizons for Seniors Program (NHSP) in the amount of \$13,400.00. This grant is designed to reduce social isolation generated by the COVID-19 pandemic and be active until March 31, 2021. The COVID-19 pandemic created challenges for many in our community, and perhaps seniors were the most strongly affected by the requirement to practice Social (physical) Distancing. Those who live alone may have felt a great degree of isolation these last few months.

NHSP funds will cover equipment to offer virtual programming, marketing Centre's programs, an electronic sign (front of Centre), and our logo development.

One more positive to focus on during this year!

Funded by the Government of Canada's New Horizon for Seniors Program



*Chapter two of your
12 chapter story!*



VIRTUAL SPEAKER SERIES

Aging & Caregiving During COVID-19

Register for a series of **free webinars** featuring knowledgeable presenters discussing a variety of topics. We invite you to join us online for any of the below presentations to get your questions answered.

February 4th • 2PM

Caregiving During a Pandemic: The Impact on Families

Guest Speaker: Dr. Amy D’Aprix, Gerontological Social Worker

February 11th • 2PM

Comparing the Health Benefits of Retirement Living & Aging at Home

February 18th • 2PM

Navigating Your Care & Support Options

February 25th • 2PM

Affording Retirement Living

Guest Speaker: Kelley Keehn, Financial Educator, Author & Media Personality

Sign up for the sessions that interest you and your family.

CHARTWELL PEMBROKE HERITAGE
1111 Pembroke St. W., Pembroke
613-775-5009



Register today!

chartwell.com/virtualspeakerseries

*For more information on Chartwell Pinewood Retirement, please contact:
1022 Pembroke St East ; 613-775-5007*

Proud supporting partner of the Centre’s monthly newsletter & website



The Book Club will meet again via Zoom **Wednesday February 17, 2021 at 1:30 p.m.**

To participate in the discussion of “Where the Crawdads Sing”, send a quick email to the Centre to request your Zoom invitation or request to be put on the email Book Club list. New readers are always welcomed!

| MONTH <i>Chairperson</i> | TITLE | AUTHOR | GENRE | SYNOPSIS |
|---|---|---------------------|--------------------------|--|
| 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 | | | |

Special Board Announcement

As we all know, Covid-19 has put up roadblocks in our everyday life including with the operation of the Centre.

The Nomination and Elections meeting was scheduled for this year, typically in March so that the newly elected Board would begin their term at the beginning of the fiscal year in April. With the present lockdown, and unknown to when it will be over, to have this meeting will meet with some challenges. After a lengthy discussion the Board has voted in favour of the following motion:

Moved by Cheryll Stott, seconded by Marg Smith, following the Centre's By-laws and due to special circumstances of COVID-19, to permit the current Board of Directors to continue in their current position on the Board until such time a general election may happen safely. The Board will reassess the election process in June 2021. Carried



To Seniors Centre Without Walls (SCWW) presenters

Christian Renault for presenting SCWW “Feeding the Birds in Winter” on February 10th @ 10:30 a.m. AND Robin Knox for her presentation on February 18 @ 1 p.m. “So you want to be an Artist” . Check out Robin’s webpage at robinsnestarts.com

To participate in any of the SCWW as scheduled on page 7 & 8, dial 1-866-279-1594, wait for prompt and enter code 179769 followed by the # key.

It’s that easy!



Are you technically inclined? Looking to fill up some spare time?

We are looking for individuals to help with the recording and production of activities offered by Zoom.

We are grateful for our one and only “Zoom Support Gary”, but we do have to give him a day off once in a while – lol. With the present lockdown, it has appeared that this virtual platform in providing activities and programs is here to stay and will continue beyond the lockdown.

With the help of volunteers willing to assist with the Zoom platform, the Centre will be able offer more activities virtual, i.e., Line Dancing, Tai Chi, Art programs or any group instructor lead programming.

Training is available, and the benefits are priceless. It will connect you to others, is good for your mind and body and it will expand your interests.

If interested, please contact the Centre either by email or phone, we’ll arrange the rest and thank you!

...AND TALKING OF VOLUNTEERS

With the Centre closed for in-person activities/ programs, there is a lot of work being done “behind the scenes” by volunteers. Just a friendly reminder, please track your hours and submit by email to the Centre—Attn: Lynn—and thank you!



I ordered a chicken and an egg from Amazon.

I will let you know!



Heaven on Earth Cake ~ Cherry Angel Trifle Dessert

- 1 prepared Angel Food Cake
- 1 - 4 serving package (113 grams) of instant vanilla pudding
- 1-1/2 cups milk
- 1 cup sour cream or plain yogurt
- 1 can 540 ml cherry pie filling
- 1 cup whipped topping
- 1 tablespoon almond slivers, toasted

Instructions:

Cut angel food cake into cubes.

In a bowl, combine pudding mix, milk, sour cream and beat until smooth. Set aside.

In a 9x13 baking pan, arrange 1/2 of cake cubes in a layer.

Spoon 2/3 of cherry pie filling over cake.

Place the remaining 1/2 of the cake on top of the pie filling.

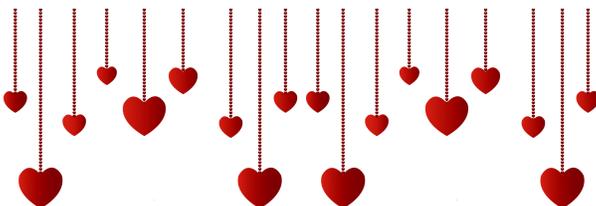
Spoon pudding mixture over cake layer and spread evenly.

Spoon and spread whipped topping over the pudding layer.

Garnish cake with the remaining pie filling and toasted almonds.

Chill for about 4 to 5 hours.

Do you have a favorite recipe you would like to share? Just send it by email or drop off in the front mailbox.





We are excited to announce that **Low Mobility exercise classes will be offered beginning Tuesday, February 9, 2021 at 10:00 a.m. on ZOOM!**

These are the same classes that we offered in the fall at the Centre on Tuesdays and now that the Ontario emergency measures are in place, we would like to offer them through Zoom to anyone who is interested. We all know how important it is to our physical and mental health to keep moving.

The class is the same as our Higher Mobility class but at a slower pace. We begin with a 5 minute warm up, 20 minutes of cardio, a 5 minute cool down, 20 minutes of muscle strength and 5 minutes of stretching to end. **Participants can do the class seated if necessary**, although we do encourage standing whenever able.

We use weights, a ball, and a flex bar. If you do not have equipment, please let us know and we can make arrangements for you to borrow the items you need while the shutdown remains in place.

Motion is lotion!

ZOOM

BONE HEALTH PRESENTATION

Looking ahead “Speaking of Bones” a presentation from Osteoporosis Canada on March 11 @ 1 p.m.

Topics will include: what osteoporosis is, risk factors, how is it diagnosed, what can you do to maintain healthy bones, how to live well with osteoporosis.

Further details in March’s newsletter



To register for the classes, please contact Arlene at:

pembrokeactivelivingcentre@cogeco.net or

Connie Daiken at
connie.daiken@westchamplainfht.com

and they will send you the Zoom link.

If you need help downloading Zoom and/or using the app, let Arlene know and someone will be in touch to help you with this.

The Zoom link is the same for all exercise classes so everyone can access any of classes using the same link.

Just a reminder, Zoom classes are available as follows:

Monday – High Mobility 9:00 am to 10:00 am

Tuesday – Low Mobility 10:00 am to 11:00 am (beginning February 9, 2021 - “new”

Wednesday – High Mobility 11:00 am to 12:00 noon

Thursday – Functional Fitness 10:00 am to 10:40 am

Friday – High Mobility 8:30 am to 9:30 am.

The Centre thanks the volunteer exercise leaders: Connie, Sheila, Lynn and Deb and technical support—Gary for their time and commitment in offering these exercise classes weekly.





ZOOM

DESSERT, COFFEE AND CHAT

What are you doing on Friday Feb. 26 @ 1 p.m.?

Grab a coffee or dessert and let's chat.

Discussion can be anything from the weather to what have you appreciated the most during our infamous lockdowns. We have to remain positive, even if it is that phone call you received from a friend, a new puppy or the best bread you have ever made!

Please copy and paste the following link in your browser

<https://zoom.us/j/91789684613?pwd=SVJ4c3R5bolJcC9mdERORHlkUHkwdzo9>

Or if required enter the following

Meeting ID: 917 8968 4613

Passcode: 004722

If you would like to participate, but unfamiliar with Zoom, call or email the office and someone will contact you to help you with this virtual platform.

ZOOM—WITH AN IRISH FLAIR

There were some interesting and entertaining objects brought to the last Zoom road show in January.

While on the show, an idea came up to celebrate St. Patty's day with a glass of "minerals" (known here as soft drinks) or a "pint of Gat" at our first ever Zoom kitchen party.

If you play an instrument—have it ready to entertain us.

Put on the green and mark your calendar for



**Wednesday March 17th
at 3:30 p.m.**

Further details in March's newsletter!

What PEOPLE ARE SAYING

SENIORS CENTRE WITHOUT WALLS (SCWW)

Participants were asked to give their thoughts on SCWW programming:



"Which is more important," asked Big Panda, "the journey or the destination?"

"The company," said Tiny Dragon.

~Pam L.

jamesnorbury.com

"... A great way to quickly pass an hour exercising your brain.

... Fun repartee with pleasant voices & possibilities of new friendships from the comfort of your chair or couch"

~Karen L.

"Lockdown and social distance, masks and more handwashing and hand sanitizers - some of the signs of the times we are experiencing.

Seniors Centre without Walls (SCWW) offers relief and an enjoyable, positive avenue to our restrictions.

Social distance does not mean social disconnect. Stay connected.

This experience is a fun and easy way to communicate and share ideas. Always pleasant, friendly chats and lots of laughs. It is always good to learn something new, remember and share some good ideas and sometimes it is a challenge to think outside the box.

I have been enjoying the brain stimulating activities, listening to live musical entertainment, joining and listening to general conversations, and making new friends - all from the comfort of home!

Thank you for the memories and the SCWW.
~From one member.



FEBRUARY SENIORS CENTRE WITHOUT WALLS (SCWW)

Tuesday February 2, 9, 16 & 23 @ 1 p.m. Mindfulness Meditation with Paul". Join Paul Mayfield (Breathe & Be YOGA) for a half hour of Mindful Meditation practice. Thank you to the City of Pembroke Recreation Dept. for sponsoring January, February and March sessions.



Wednesday February 3 @ 1 p.m. Would you rather? - Join in on this thought provoking yet fun conversation - no wrong answers! Would you rather play Sudoko or Scrabble?

Thursday February 4 @ 1 p.m. BINGO!!!! Get your deck of cards ready and be prepared to call PAL (Pembroke Active Living)

Wednesday February 10 @ 10:30 a.m. Presentation by Christian Renault— “Feeding Birds in Winter” Call in to this presentation to learn what species you can expect in your backyard, depending on the habitat, best seeds or foods, how to ward off squirrels (if you don't want them),. And official bird counts anyone can participate in, etc.

Thursday February 11 @ 1 p.m. Family Feud - Play this fun survey game based on the hit game show! See if you can guess the most popular answers to zany survey questions. Get all the answers correct . But be careful not to strike out!

Wednesday February 17 @ 10:30 a.m. Share a story- Maybe one of your own penmanship, something you read that you would like to share? We'd like to hear from you!.

Thursday February 18 @ 1 p.m. - “So you want to be an Artist” Presentation by Robin Knox - robinsnests.com Join in on this presentation with Robin to have a general chat , with time after for a questions. New to the area, Robin Joined the Federation of Canadian Artists in 2018 and achieved Active Status in 2019. In 2020 she received the first ever "Outstanding Artist of the Year Award" from The Prince Rupert Community Arts Council. With the support of local businesses Cow Bay Café, Cowpaccinos, McLean and Rudderham, Highliner Inn, Performing Arts Centre , Terrace Art gallery, the Ice House Gallery and now the Valley Artisans Gallery in Deep

Wednesday February 24 @ 1 p.m. Laughter is the best medicine - Bring a short humorous antidote or joke to the conversation!

Thursday February 25 @ 1 p.m. Categories! is a brain-stimulating activity, where everyone is able to contribute to the conversation. Can you compete the categories before the timer goes off? Have a pencil and paper ready.

Tuesday March 2, 9, 16, 23 & 30 @ 1 p.m. Mindfulness Meditation with Paul". Thank you to the City of Pembroke Recreation Dept. for sponsoring January, February and March sessions.

Wednesday March 3 @ 1 p.m. BINGO!!!!

Thursday March 4 @ 1 p.m. Family Feud -

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

Topics are subject to change

February 2021

Centre is closed until further notice due to Provincial Lockdown

ZOOM Exercise Activities

Reoccurring daily throughout the month

| Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------------|--|----------------------------------|--------------------------------------|------------------------------------|-----|
| 9 a.m. - ZOOM Active Fit 50+ | NEW 10 a.m. - ZOOM Low Impact | 11 a.m. - ZOOM Active Fit 50+ | 10 a.m. - ZOOM Functional Fitness | 8:30 a.m. - ZOOM Active Fit 50+ | |

During the provincial lockdown, all exercise classes will only be offered via Zoom. To participate in these sessions, please copy and paste the following link into your browser and press enter to open

<https://zoom.us/j/98521569421?pwd=WFRZWGdhcXdFWFRnWC9SV2soeXoydz09>

Monthly Schedule

For SCWW programs, please dial 1-866-279-1594 and enter code 179769 followed by the # key

| Mon | Tue | Wed | Thu | Fri | Sat |
|---------|--|--|---|-----|-----|
| 1 | 2 1 p.m. SCWW Meditation with Paul | 3 1 p.m. SCWW Would you rather | 4 1 p.m. SCWW BINGO | 5 | 6 |
| 8 | 9 1 p.m. SCWW Meditation with Paul | 10 10:30 a.m. SCWW "Feeding winter birds" a guest presentation | 11 1 p.m. SCWW Family Feud | 12 | 13 |
| 15 | 16 1 p.m. SCWW Meditation with Paul | 17 10:30 a.m. Share a story 1:30 p.m. ZOOM Book Club | 18 1 p.m. SCWW "So you want to be an artist" a guest presentation | 19 | 20 |
| 22 | 23 1 p.m. SCWW Meditation with Paul | 24 1 p.m. SCWW Laughter is the Best Medicine | 25 1 p.m. SCWW Categories | 26 | 27 |
| MARCH 1 | MARCH 2 1 p.m. SCWW Meditation with Paul | MARCH 3 1 p.m. SCWW BINGO | March 4 1 p.m. SCWW Family Feud | | |