Pembroke ACTIVE LIVING CENTRE 50 plus

June 2021

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

www.pembrokeactivelivingcentre.com email pembrokeactivelivingcentre@cogeco.net

Your Centre's NEWS

Join or Renew Your Membership

Just a friendly reminder that your membership renewal is due. The Centre relies **on your continued support and involvement** with your 2021-2022 membership for only $25.00!

The Centre is not open because of the current provincial lockdown; however, you can use various renewal options.

- **Fillable form**– a fillable form on our website (www.pembrokeactivelivingcentre.com) under the heading "Join". Easy to complete and submit to the Centre via email with an e-transfer payment to pembrokeactivelivingcentre@cogeco.net no password is necessary.
- Ask for a membership form by email or post.
- You may send the completed form by mail and enclose a cheque payable to Pembroke 50+ Active Living Centre; 42 Renfrew Street, Pembroke, ON K8A 7T6
- Or drop form and payment in the secured mailbox located at the front door.

Thank you to everyone who already purchased their membership for 2021-2022.

Just a note - When the Centre can open, you may make an appointment by calling the Centre to renew or take out a new membership in person—we'll let you know!

Are you up for a challenge? Is your spouse, partner, friend, neighbour, cousin, sister, brother a member? If not, then why not sign them up or encourage them to sign up.

- JUNE IS - SENIORS' - MONTH -

Stay safe, active and connected

It's our month to celebrate!!!!!

Ontario's theme for this year's Senior's month is ***"Stay safe, active and connected"***, and we are covering all the bases.

Stay safe: With the Renfrew County rollout of the vaccines, most of us have our first vaccine, and some over the next month or two will have our second. When the Centre will be able to re-open (hopefully soon), social distancing measures will be observed, with various hand sanitizing and cleaning in place.

Active: The exercise programming is continuing over Zoom and for Cogeco subscribers on "Your TV" every Monday to Saturday 9 a.m. and 11 a.m. When the Centre can organize a group outing, a walk on the "Algonquin Trail" (old rail bed through Pembroke) is in the plans.

Connected: The Centre is offering phone-in and Zoom programming to keep you connected with each other with Seniors Centres Without Walls (SCWW) weekly with phone-in programming. Presentations and general interest programming continues on Zoom.

Book Club members meet every month on Zoom to discuss their chosen book. Please see the invitation on page 3 for their June meeting to pick books for next year.

So let's celebrate being safe, active and connected!

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

Life is better, TOGETHER.

The best moments in life are shared with other people, and in our residence we're fortunate to have connection, friendship and support among everyone who lives, works and visits our welcoming community. That's why we want to explore if there is anyone important in your life who may benefit from the safe community lifestyle we offer too.

We'd appreciate an introduction to any friend or family member you may be thinking of to get to know them and explore if our residence can contribute to their health, happiness and peace of mind.

In addition to phone conversations, we are pleased to offer personalized on-site or virtual tours based on the comfort level of those exploring retirement living. We've also adapted our move-in experience to ensure enhanced safety precautions that comply with public health guidelines to help protect everyone under these current conditions.

Our Retirement Living Consultants look forward to hearing from you!

William Tippett Chartwell Pembroke Heritage 1111 Pembroke St W, Pembroke
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BOOK CLUB

Where did the last 12 months go? But here we are again in June, when "The Book Club" meets to chose the monthly reading selections for September 2021–May 2022.

Are you interested in joining the group via Zoom **Wednesday June 16, 2021 at 1:30 p.m.? New readers and participation are welcomed!**

To join, you may request the link emailed to you by email or just copy and paste the following link in your web browser and click enter.

https://zoom.us/j/98806081796?pwd=YlEyT2pyT3p3VVpZMDJTWXcvdFR1UT09

You will join the meeting directly. But if required please enter the Meeting ID: 988 0608 1796 and Passcode: 960059

You have time to finalize your suggested book list and join the discussion!

Calling all bridge players!

The Pembroke Duplicate Bridge Club is offering **SOCIAL** duplicate bridge for **players in the Pembroke area.** This Is **NOT BBO** and it does **NOT offer Masterpoints.**

A Bridge game will be scheduled every Tuesday at 12:30 PM .

Please contact either Irene by email imchurch@nrtco.net or Leanne by email- leanne.cheliak@gmail.com **Monday or by 10:00 AM Tuesday if you plan to play, or for more information.**

The organizers are requesting that if one of the pair/partners **can be signed on around 12:15 p.m.,** take a seat and your partner will join you when they arrive.

Looking or need a partner? Contact either Leanne or Irene.

Are you interested in a floor art easel?

For a donation, one can be yours!

Please be assured the Centre is not discontinuing the oil painting classes, but when we resume to in-person lessons, we will be looking at using another type of easel.

Please call the Centre if you are interested and to make arrangements to pick one up.

Black Bean Taco Salad

Ingredients for salad:

- 3 cups chopped romaine lettuce or combination of iceberg and romaine
- 1 can 540 ml (19 oz) black beans drained and rinsed
- 1 can 540 ml whole kernel corn drained and rinsed or approx. 2 cups frozen corn slightly cooked and cooled
- 3 mini sweet red and orange peppers chopped
- 1/2 medium red onion chopped

Dressing ingredients:

- 1/2 cup sour cream
- 1/4 cup salsa
- 3/4 tsp. cumin

Instructions:

1. Place lettuce, black beans, corn, peppers and onion in a large mixing bowl. Toss gently together.

2. Combine sour cream, salsa and cumin and blend until smooth. Pour dressing over salad. Toss gently to coat.

Recipe notes: If making ahead, store in fridge with onion and dressing in separate container.

Do you have a recipe you would like to share, a family favorite? Send it along to be featured in the next newsletter.

Renfrew County Program Guide
Seniors' Centre Without Walls

Be on the outlook for the next Seniors' Centre Without Walls (SCWW) Renfrew County Program Guide, covering June, July and August sessions.

Now you have more choices to participate in SCWW programming! A collaboration of Senior Active Living Centres' SCWW programming from across Renfrew County is in one convenient guide.

You may choose SCWW programming from Arnprior, Renfrew, Barry's Bay and of course the Centre! Each Centre has a specific toll free phone number and participant code.

Copies of the guide are available on the Centre's website and available for pickup at the Centre; please call to make arrangements. If you know of someone in the community that would like a copy, please contact the Centre and one will be mailed to them.

The guide is published periodically throughout the year and is made possible by funding through the Renfrew & Area Seniors Home Support.

Would you like to participate or know of someone but not sure how to join? No problem, the program host will call them into the program 10—15 minutes prior to the start. Just let the office know and we will give you a call!

A Friendly Reminder

When using the etransfer payment option please indicate in the memo line what the payment is for, i.e. your membership or a donation in lieu of activity fees.

"Some things take time. Stay patient and stay positive, things will get better"

..and don't we know it! We have been experiencing a new way of life for just about 18 months!

Behind the scenes, work continues to ensure when the Centre can re-open – with no COVID health measures or restrictions- we will be on the ground running. The re-opening will be in stages, dictated by provincial guidelines and still keeping everyone safe. We don't know when that will happen, but please be assured IT WILL HAPPEN – and we will celebrate!

When the Centre can re-open, you may make an appointment to renew your membership.

In the meantime, you may complete and submit the fillable membership by email. Other options are available on the first page of the Newsletter.

If you have any questions or are unsure how to fill out the form and email it to the Centre, Arlene has scheduled a Zoom "in-service" on June 14 to guide you through the process. Please see the link information on the next page.

Chapter 6 of 12

Pages 152-184

We're half way through our living journal!

Do you have an interest or want to learn something new?

Or are you looking to fill some time during your day?

Through funding from our annual Special Grant, the Centre has purchased a video system for recording and streaming activities, presentations, and meetings via Zoom and other virtual platforms.

No prior knowledge is required, but an understanding of computers would be an asset. A training manual will be demonstrated and reviewed with on the job training included! Once all the equipment is ready to go, we will set up a day and contact you for a training session.

And we are also looking for one or two other interested computer minded individuals to mentor seniors in the technology of the day. Jen will continue to offer workshops as well, but to lighten her schedule when the Centre will be able to re-open.

If interested, please email or call the office to let us know which or both opportunities you are interested in. More hands make light work!

June Presentations

June 11 @ 1 p.m. Paramedic Robert Blackwell

Renfrew County Virtual Triage and Assessment Centre (RCVTAC) ~

In response to the COVID-19 pandemic, the Renfrew County Virtual Triage and Assessment Centre (VTAC) has been developed and is strengthening access to healthcare for all residents so our Emergency Departments and 9-1-1 Service can be reserved for genuine emergencies. Join this presentation with Paramedic Robert Blackwell as he talks about this service and a new initiative that RCVTAC will be offering .

Copy and paste the following link into your browser to join:

Join Zoom Meeting

https://zoom.us/j/94002627236?pwd=WEdpR2JhVVBYUlc3T2l5NEdWZ2RPQT09

Meeting ID: 940 0262 7236 Passcode: 152468

June 14 @ 1 p.m.—In-service—Completing your Fillable Membership Form

We're here to help you through the membership process.

Copy and paste the following link into your browser to join:

https://zoom.us/j/96052573291?pwd=MFEvMmZDVW44ZzMrWjFGR0dqMHZaUT09

Meeting ID: 960 5257 3291 Passcode: 083808

June 17 @ 1 p.m. Shaw Woods—presentation by Fred Blackstein

Zoom in to this presentation by Fred Blackstein on the history of Shaw Woods, in particular the West Side Trail, the Education Centre, the natural history. You may download a guide by copying and pasting this link in your browser or call the Centre to make arrangements to have one available for pick up prior to the presentation.

https://www.shawwoods.ca/download.php?dl=YToyOntzOjI6ImlkIjtzOjI6IjEzIjtzOjM6ImtleSI7aToxO30=

Copy and paste the following Zoom link into your browser to join the presentation:

https://zoom.us/j/94763617219?pwd=THV0YVhlK0RSVlBVN2drZlpiSHdSZz09

Meeting ID: 947 6361 7219 Passcode: 489427

June 25 @ 1 p.m. Dessert, Coffee and Chat

What are you up to since the last time we connected? What have you planted so far? Any new plants in the nurseries?

Copy and paste the following link into your browser: Join Zoom Meeting

https://zoom.us/j/97211535604?pwd=SHBGN2FxU0JkWEY3MEZScFN6K1Nodz09

If required please enter:

Meeting ID: 972 1153 5604 Passcode: 093268

JUNE Seniors Centre Without Walls (SCWW)

Tuesday June 1, 8, 15, 22 & 29 @ 1 p.m. Mindfulness Meditation with Paul". Join Paul Mayfield (Breathe & Be YOGA) for a half hour of Mindful Meditation practice.

Wednesday June 2 @ 1 p.m.—Share a Story— Do you have a short story to share? It could be one of your penmanship or a long lost letter or even something that you read that was meaningful. Or even just call in to listen.

Thursday June 3 @ 1 p.m. Family Feud - Based on the popular TV show—can you guess the answers before striking out?

Friday June 4 @ 11 a.m. PRESENTATION "Physical activity and its effect on mental health" - Sarah Biggs, Physiotherapist from Pembroke Regional Hospital—Physical activity has a great impact on our wellbeing. A short walk increases our mental alertness, energy and positive mood. Call in to listen in to Sarah give more insight on how physical activity effects our mental health.

Wednesday June 9 @ 10:30 a.m. - Would you rather? - Have a rewind button in your life ..OR.. Have a pause button in your life?

Thursday June 10 @1 p.m. PRESENTATION Ottawa Art Gallery, Alexis Boyle presenting - The Group of Seven

It was just over 100 years ago, on May 7, 1929 that the Group of Seven held their first exhibition, putting forward their visions for a national art movement grounded in the Canadian landscape. Alexis will also talk about the Firestone Collection of Canadian Art, revealing the unique ways in which the Firestone family collected works by members of the famous Group.

Wednesday June 16 @ 10:30 a.m. Categories! is a brain-stimulating activity. Can you compete the categories before the timer goes off? Have a pencil and paper ready.

Thursday June 17 @ 10:30.m. Laughter is the best medicine - Bring a short humorous antidote or joke to the conversation!

Friday June 18 @ 1 p.m. PRESENTATION Pembroke Public Library - DIY crafts, sewing, knitting, and more on CreativeBug— Anna Ritza In this presentation Anna will explain the CreativeBug digital library. This excellent resource provides instructional videos for DIY projects such art and design, sewing, quilting, paper crafts, knitting, crochet, food & home, jewelry and more! Follow along with Anna from your home computer or listen and learn.

Wednesday June 23 @ 1 p.m. - PRESENTATION Pembroke Public Library—Summer Reads Recommendations—Simon Hartwig

Need reading inspirations? Join a conversation about new and upcoming additions to Pembroke Public Library's collection. Get recommendations for great summer reads and find out which titles are most popular amongst the Library's patrons. Listen to suggestions for read-a-likes to find titles similar to beloved books and authors.

Thursday June 24@ 1 p.m. BINGO!!! - Get your deck of cards ready and be prepared to call PAL (Pembroke Active Living)

Wednesday June 30 @ 1 p.m. Canadiana Recipes- Do you have a family favorite to share? Do you know that date squares are Canadian? Grab a coffee and let's talk food!

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

June 2021

ZOOM Exercise Activities

Mon	Tue	Wed	Thu	Fri
9 a.m. - ZOOM Active Fit 50+	**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 this month 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=WFRZWGdhcXdFWFRnWC9SV2s0eXoydz09

9 a.m. & 11 a.m. Monday to Saturday for Cogeco Cable subscribers YourTV Ottawa Valley Active 50+ for the Centre's exercise programs featuring, Active Fit 50+, Low Impact and Functional Fitness. YourTV is an exclusive service provided to Cogeco television subscribers available on Cable 12 / HD Cable 700.

June Daily Schedule

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

Zoom presentations please copy and paste the appropriate links on page 6 in your browser

Mon	Tue	Wed	Thu	Fri
June is Senior's Month Let's Celebrate	1 12:30 p.m. Real Bridge 1 p.m. SCWW Meditation with Paul	2 1 p.m. SCWW Share a Story	3 1 p.m. SCWW Family Feud	4 11 a.m. SCWW Presentation with Sarah Biggs, Physiotherapist Pembroke Regional Hospital
7	8 12:30 p.m. Real Bridge 1 p.m. SCWW Meditation with Paul	9 10:30 a.m. SCWW Would you rather?	10 1 p.m. SCWW Presentation—The Group of Seven	11 1 p.m. ZOOM Presentation RVTAC—Robert Blackwell
14 1 p.m.—ZOOM How to complete the fillable membership form	15 12:30 p.m. Real Bridge 1 p.m. SCWW Meditation with Paul	16 10:30 a.m. SCWW Categories 1:30 p.m. Zoom Book Club	17 10:30 am. SCWW Laughter is the best Medicine 1 p.m.—Zoom Shaw Woods Presentation with Fred Blackstein	18 1 p.m. SCWW— Presentation Pembroke Public Library on **CreativeBug**
21	22 12:30 p.m. Real Bridge 1 p.m. SCWW Meditation with Paul	23 1 p.m. SCWW Presentation—Pembroke Public Library— **Summer Reads**	24 1 p.m. SCWW BINGO!	25 ZOOM 1 p.m. Coffee, Dessert and Chat
28	29 12:30 p.m. Real Bridge 1 p.m. SCWW Meditation with Paul	30 1 p.m. SCWW Canadiana Recipes	July 1 Happy Canada D*eh*!	July 2