



Your Centre's NEWS

With the recent announcement by Premier Ford on September 1, 2021, the Centre will be requiring proof of vaccination under a mandatory vaccination requirement for those attending in-house programming and activities. Therefore, as of September 22, 2021, the Centre will be required to verify that ALL people over the age of 11 entering our facility are fully vaccinated (two doses plus 14 days). We will review your paper or pdf vaccine receipt along with a government issues photo ID (Health Card or Driver's License). Please note— neither a recent COVID-19 infection nor a recent negative test will substitute for two shots. However, members who cannot receive the vaccine due to medical exemptions will be permitted entry with a doctor's note until recognized medical exemptions are implemented.

If you do not have a copy or receipt of your vaccination record, you may obtain one by visiting <https://covid19.ontariohealth.ca/> or call the Provincial Vaccine Booking Line at 1-833-943-3900. In addition, as a service to our members who may not have access to a computer or printer, make an appointment with the Centre's office for computer assistance in downloading and printing a copy of your receipt.

Before September 21, we kindly request your cooperation if you are not "Double V'd" refrain from participating in-house activities and programs until such time that is safe to do so for yourself and fellow members, volunteers and staff. In saying this, we have options for your continued participation in outdoor activities (with wearing a mask), Zoom and Senior Centres Without Walls programming.

Later in October, the province will release an APP that the Centre will use to scan a person's QR code to confirm their eligibility to enter the facility. We keep you informed on this process.

Individuals or businesses that don't follow the rules could face a series of fines under Ontario's Reopening Act. These include fines of \$750 and up for people. We ask for your cooperation during this time to make you and your fellow members safe.

In addition, the previous safety protocols, i.e., wearing of masks, proper handwashing and sanitizing, maintain social distancing measures, signing in and out will continue to ensure the safety of members, volunteers and staff. By signing in you confirm the following :

1. Do you have the following new or worsening symptoms or signs (Symptoms should not be chronic or related to other known causes or conditions you already have):
 - Fever or chills
 - Difficulty breathing or shortness of breath
 - Cough or "barking (croup)"
 - Sore throat, trouble swallowing
 - Runny nose/stuffy nose or nasal congestion
 - Decrease or loss of smell or taste
 - Pink eye
 - Nausea, vomiting, diarrhea, abdominal pain
 - Not feeling well, extreme tiredness, sore muscles
 - Headache that is unusual or long-lasting
 - Falling often
2. Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?
3. In the last 14 days, have you been identified as a "close contact" of someone who currently has COVID-19?
4. In the last 14 days, have you received a COVID Alert exposure notification on your cell? If you already went for a test and got a negative result.
5. In the last 14 days, have you travelled outside of Canada?





BOOK CLUB

Are you interested in joining the group **via Zoom Wednesday September 15, 2021 at 1:30 p.m.?** Please contact the office to have the Zoom link emailed to you. New readers and participation are welcomed! The Book Club will discuss the possibility of in-person discussions at the September 15 meeting.

MONTH <i>Chairperson</i>	TITLE	AUTHOR	GENRE	SYNOPSIS
September <i>Pam L.</i>	Indians on Vacation	Thomas King	Fiction Humorous	Inspired by a handful of postcards sent nearly a hundred years ago, Bird and Mimi attempt to trace long-lost uncle Leroy and the family medicine bundle he took with him to Europe. By turns witty, sly and poignant, this is the unforgettable tale of one couple's holiday in Europe, where their wanderings through its famous capitals reveal a complicated history, both personal and political.
October <i>Faye R.</i>	The Giver of Stars	Jo Jo Moyes	Historical Fiction	Based on a program that was instituted by Eleanor Roosevelt in the mid-1930s, ut a group of women that begin a traveling library that delivers books to the rural areas of the town on horseback. These so-called Pack Horse Librarians must overcome a number of obstacles on their way to bringing literacy to the masses, but they do so and tackle these challenges together. It's a tale of love, friendship and of course books.
November <i>Maralyn Q.</i>	When We Believed in Mermaids	Barbara O'Neal	Fiction	Josie Bianci was killed years ago on a train during a terrorist attack. Gone forever. It's what her sister, Kit, an ER doctor in Santa Cruz, has always believed. Yet all it takes is a few heart-wrenching seconds to upend Kit's world.
<i>December</i>	----- No Meeting -----			

Renfrew County Program Guide

Seniors' Centre Without Walls

call the office to make arrangements. Or check it out on the Centre's website.

Programming is easy to access. Just call the toll free number associated with the programming and enter the corresponding code. If you would like to be called into the program, please give the Centre a call to be included in the call in list.

The fall edition is published!

Check out the great programming from our Centre, Arnprior and Renfrew. If you haven't already received a copy, there will be copies available at the Centre in the near future. To pick up a copy, please



Thank you to the Renfrew County SCWW Program; the Centre has received a limited number of gift bags containing SCWW promotional material.

For anyone who has participated in any of the programming this month is eligible to pick one up. Limit one per person. Please see the Centre's schedule on page 8.



The Centre is back to fall/winter hours of Monday to Friday 9 a.m.—4 p.m.

If you are coming in the front handicapped accessible door, please ring the doorbell for entry. Please wait for a few minutes for someone to greet you, as there is a time delay for it to ring in the office.

With the added programming in the Centre, please bring indoor shoes to change into when attending activities especially on the upper level. We are trying to maintain a clean, safe (free of gravel/sand) and sanitized activity environment upstairs.

Your safety is of the utmost importance while attending activities at the Centre.

Can you spare some time to help with the day to day routine or cover for Arlene when she is away? We haven't reinstated our daily volunteer program yet, but if you could spare a day here or there, please call the office and let Arlene know your availability.

The Centre's Social Inclusion Through Social Prescription (SITS Rx) has been active with our Volunteer Link Ambassadors (VLAs). Since January 2020. As of September 2021 this program is being transitioned to "Links2Wellbeing: Social prescribing for older adults" - *A pathway for healthcare providers to link older adults to social and recreational opportunities to promote their wellbeing.*

This program is in partnership with the Alliance for Healthier Communities the Older Adults Centres of Ontario (OACAO). Funding for this project has come from a private donor and has a mandate of three years. If you are interested in learning more of this project or would like to become a VLA, please call the office for more information.

AGM

Annual General Meeting

The Centre's Annual General Meeting is scheduled for Wednesday November 3, 2021 at 11 a.m.

You may attend in-person, however space is limited to 25 and pre-registration is required. Masks are required, social distancing protocol and double vaccination receipt or passport is mandatory.

If you prefer, you may pre-register to attend the meeting by Zoom. Once registered, you will receive an invitation



We are looking for a custodian for after hours cleaning with attention to detail. The number of hours are variable with compensation paid on an hourly basis.

The successful candidate will be required to submit a current background check (CBC) including a "Vulnerable Sector Screening" (VSS) and an up to date vaccination certificate. WHMIS certification is an asset.

Call the Centre 613-735-1226 to arrange a time to pick up a detailed job description.

Autumn
The year's last, loveliest smile.





Proud supporting partner of the Centre's monthly newsletter



Rest & Recover at Chartwell

Do you or an aging loved one
have an upcoming surgery or
medical procedure scheduled?

**Contact us today to learn more
about our Respite program.**

Chartwell's Respite Program offers temporary accommodation for seniors looking for support with their safe recovery following a medical treatment or surgical care. Our trained and caring staff are on-site 24/7 and provide a variety of services—including personalized care support, daily meals and snacks, housekeeping and much more—so you can heal in comfort.

Plan to rest and recover at a Chartwell retirement residence so you can feel peace of mind following your procedure. You may also consider starting your stay earlier so you can bring your belongings, get to know our residence and feel settled in.

CHARTWELL PEMBROKE HERITAGE

1111 Pembroke St. W., Pembroke | **613-775-5009**

chartwell.com



Lemon Zucchini Cake

Ingredients for the Cake:

- 1 1/2 cups granulated sugar
- 3/4 cup canola oil
- 3 large eggs
- 1 tbsp. lemon zest (about 1-2 large lemons)
- 1/4 cup fresh lemon juice
- 1 tsp lemon extract
- 2 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp baking powder
- 1/2 tsp kosher salt

1 1/2 cups shredded zucchini

For the Frosting:

- 2 cups powdered sugar
- 2-3 tbsp. lemon juice
- 1 tbsp. lemon zest
- 1 tbsp. granulated sugar

Instructions:

Preheat oven to 325°F. Spray a 12 cup bundt pan with baking spray (or grease and flour the pan generously). Set aside.

1. In a large mixing bowl, beat sugar, oil and eggs until well blended. Add in lemon zest, lemon juice and lemon extract. Beat well.
2. Add in flour, baking soda, baking powder, and salt. Beat for 2-3 minutes. Fold in shredded zucchini.
3. Pour into prepared bundt pan. Bake for 60 minutes. Remove and cool in pan for 5 minutes, then invert onto a cake plate and cool completely before adding the frosting.
4. For the frosting, whisk together the powdered sugar and lemon juice until smooth. Add more or less juice for desired consistency. Pour evenly over the top of the cooled cake.

For the garnish, in a small bowl combine the lemon zest with granulated sugar. Mix with your fingers until fully combined. Sprinkle over cake. Store cake at room temperature in a cake saver for up to 3 days. ENJOY!

Tai Chi

The Centre's Tai Chi group will continue to meet at Pembroke's Waterfront sundial every Wednesday at 9 a.m. weather permitting and as long as the weather holds out.

As of Friday October 15 the group will be back in house beginning at 10:30 a.m. with a capacity limit of 20. Registration is not required, however spaces are on a first come, first served basis. Please bring your own water bottle.

Beginner Tai Chi Classes

If you're new to exercise or looking for a form of physical fitness that's easy on your body and benefits your mind, you might want to consider Tai Chi.

Otherwise known as meditation in motion, tai chi is an ancient Chinese tradition based in martial arts that is now a popular low-impact exercise method involving slow movements and breath.

A beginner Tai Chi class will begin in house sessions on Wednesday October 13, 2021 at 10:30 a.m.

This class is designed for the beginner and for those who have not practiced tai chi in awhile and you are looking for a refresher.

If you are interested in this activity, please let the office know that you will be attending. Registration is not required, however spaces are on a first come, first served basis with a 20 person capacity limit.





PROGRAMMING FOR SEPTEMBER

We are in the process of bringing back programming, slowly and cautiously.

Tuesday September 14, 2021 @ 1 p.m.

- Duplicate Bridge – capacity 24 participants

Monday September 13 & 20 @ 10 a.m.

- Walk & Talk

Wednesday September 15 @ 1 p.m.

- Cribbage – capacity 16 (no refreshments please)

Monday September 20 @ 10:30 a.m.

- Line Dancing—capacity 15

Wednesday October 13 @ 10:30 a.m.

- Beginner tai Chi—capacity 20 participants.

Friday October 15 @ 10:30 a.m.

- Tai Chi—capacity 20 participants

We will be looking at introducing other activities in the near future. With capacity limits, and keeping social distancing measure, programming will have to suit the space. Please bear with us, your cooperation and patience is appreciated.

PROGRAMMING SUGGESTIONS

There have been a few suggestions for programming.

Is anyone interested in Mexican Train dominoes? We require a facilitator for this activity with knowledge of the rules of play. If you are interested in participating in this program or would be willing to facilitate, please let us know by calling the Centre.

There has been an interest in a “fabric”, yarn, sewing, paper craft, quilting day or the start of a Crafty Club Society. Does this interest you? You can call the Centre to leave your name, or for more information, call Sharon at (613) 635-4887 or Brenda at (613)-735-6240.

CHAIR YOGA

The City of Pembroke will be teaming up with AWE Yoga again to offer both ONLINE and IN-PERSON Chair Yoga to the Community. These classes will begin after the long weekend in September (on Sept 7). The classes will be free of charge. Please note that the IN-PERSON classes will now be held at Pem Ice 2 - the city’s second indoor arena which is located at 40 Bennett Street (on the corner of Bennett and Boundary).

Anyone who is interested is asked to contact the City’s Recreation Department to sign up for the sessions. You are more than welcome to sign up for one or the other or both!

Telephone: 613-735-6821, ext 1501

Email (Sarah): sfrederick@pembroke.ca

There is no limit for the number of ONLINE participants; however, there will be a limit for the IN-PERSON classes due to COVID restrictions. Please feel free to pass along this message to any family members or friends that may be interested.

TUESDAYS 10:00-10:45: ONLINE Chair Yoga (beginning Sept 7)

We will continue to send out the link the same morning of the yoga session, so it is easy to find in your inbox. If you are interested in continuing or would like to try it out, please reach out to the City’s Recreation Department (see above) to provide your email address. Once you are on the list, they will send you the link every week; no worries if you cannot attend a session. You don’t need to let anyone know.

THURSDAYS 10:00-10:45: IN-PERSON Chair Yoga (beginning Sept 9)

This class will now be at Pem Ice 2 - the city’s second indoor arena located at 40 Bennett Street (on the corner of Bennett and Boundary). There is a large parking lot and a room available on the main floor. When you come in the main doors, there will be someone to greet you, take attendance, ask the mandatory COVID questions, and then direct you to the room, which is not far from the entrance.



Have you walked the Algonquin Trail through Pembroke?

Do you miss conversations with other members?

Kathy Kennedy has organized a “Walk ‘n Talk” on Monday, September 13 and September 20, starting at 10 a.m. Our goal is to allow our members to get outdoors safely, meet new/old friends, socialize and get a little exercise as we continue to live with Covid.

Anyone interested can meet at the Marina parking lot by the playground. The distance and route will be decided, i.e. east or west on the trail or stick to the paved walkway. The hope is to walk for an hour (pending the group’s decision) and then socialize outdoors for a while afterwards, and people can bring snacks/drinks and wear proper walking attire and footwear, including a mask.

COVID protocol requires participants to sign the COVID screening sheet upon arrival and wear a mask when social distancing cannot be maintained. There is no pre-registration, just come and enjoy the fresh air. Everyone is welcome to attend. Why not invite a friend?

If the weather is not favourable (raining, etc.), Kathy will cancel the outing. If unsure, please call the Centre.

We will continue to schedule “Walk ‘n Talks” in October and November if there is sufficient interest. We will keep you posted!

If you require walking poles, the Centre has received a donation poles of varying lengths, with many thanks to the Connect Well Health Centre, formerly known as Whitewater Bromley Community Health Centre. We appreciate and welcome this donation! You may call the Centre to make arrangements before the walk to sign out a set of poles.



Calling all duplicate bridge players!

Duplicate Game

Tuesday September 14, 2021

1–3 p.m.

The Pembroke Duplicate Bridge Club and the 50+ Active Living Centre are thrilled to offer informal, unsanctioned duplicate bridge games on Tuesdays from 1–3 pm, starting TUESDAY SEPTEMBER 14.

A working knowledge of bridge and a familiarity with duplicate is encouraged. This is a chance to sharpen (remember?) those bridge skills and catch up with old (and new) friends. You DO NOT need a partner to play, as volunteers are available.

We are limited to 24 players, so please arrive through the back door, by 12:45 on Tuesdays. A volunteer will assist you with signing in. A reminder that COVID protocols are in effect as outlined in the newsletter. Don't forget to bring your loonie!

Don't hesitate to contact Leanne at Leanne.cheliak@gmail.com or Mieke at miekemahood@hotmail.com. for further information.





News and Events

The **Algonquin College Speaker Series** have now starting opening up ticket sales/registrations for the Fall Virtual Speaker Series.

Tickets are now available for the September 14th presentation by Ry Moran, founding director of the National Centre for Truth and Reconciliation at 7 p.m.

and

September 23rd talk by author and historian Charlotte Gray - Murdered Midas Mystery at 7 p.m.

Coming up Bob McDonald of Quirks and Quarks- October 4th at 7 pm

Peter Mansbridge-Q and A with former National news anchor-November 23rd at 7 pm.

Tickets are free for community members who are 60 and over; \$20 + tax for the General Public.

Please visit www.algonquincollege.com/pembroke/speaker-series/ for more information.

“**The City of Pembroke** is presently conducting a transit feasibility study which will determine an optimal transit solution, if any, for its residents, businesses, and visitors. The municipality has launched a survey to gather input from the public. The purpose of this survey is to collect information from the public relating to their potential use and support for a local transit service. **The survey is available online or physical copies can be completed at** City Hall, the Pembroke Public Library, the County of Renfrew administration building, the **Pembroke 50+ Active Living Centre**, the Kinsmen Pool, the Parks and Recreation office at the Pembroke Memorial Centre, or any of the city’s long-term care homes or assisted living facilities.

It is strongly suggested that all respondents read the additional public information about the ongoing transit feasibility study which can be found on the City's website (or as a physical copy in any of the above locations) before taking the survey.

The survey will be open until September 19, 2021 and responses from the public will help to inform future decisions regarding local transit.” - City of Pembroke News Release August 26, 2021.

MULTICULTURAL FESTIVAL

SEPTEMBER 24, 2021

Since 2017 the Multicultural Festival hosted by the Pembroke Public Library has been an annual in person event. This year, Pembroke Public Library is partnering with The City of Pembroke and local restaurants to deliver a virtual Multicultural Festival, complete with pre-recorded entertainment, food, and a silent auction. Place your online order by September 10, 2021 by visiting [www.https://pembrokelibrary.ca/shop/](https://pembrokelibrary.ca/shop/) to chose a variety of dishes from local restaurants such as @Zaffron, The Bonanza, Klasis, Nomada Tacos, Thai Gardens, Little Things Canning Company or call the Library at 613-732-8844 or www.pembrokepubliclibrary.com and click the Multicultural Festival 2021 banner for more information.

Only \$10.00 per dish! An additional \$4.00 fee will be added to each order at the checkout for the delivery charge. All orders will be delivered to your address (in Pembroke, Petawawa, or Laurentian Valley) on September 24, 2021 between 6:00 – 7:00pm. Thank you for supporting local businesses and celebrating culture with the Library!



SEPTEMBER SENIORS CENTRE WITHOUT WALLS (SCWW)

Tuesday September 7, 14, 21 & 28 @ 1 p.m. Mindfulness Meditation with Paul". Join Paul Mayfield (Breathe & Be YOGA) for a half hour of Mindful Meditation practice.

Wednesday September 8 @ 10:30 a.m.—How did your garden grow— Soon time for harvesting your garden. Did you plant something new? Or did you stay with the tried and true.

Thursday September 9 @ 1 p.m.—BINGO—Get your deck of cards ready and be prepared to call PAL (Pembroke Active Living)

Wednesday September 15 @ 10:30 a.m. - Categories- a brain-stimulating activity. Can you compete the categories before the timer goes off? Have a pencil and paper ready.

Thursday September 23 @ 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. Do you have a story from the summer?

Wednesday September 29 @ 1 p.m.— The Farmer's Almanac - The Old farmer's Almanac has been a trusted source of long range weather forecasts, moon phases, gardening tips, sunrises and sunsets, recipes and EVERYTHING in between! Do you follow it? We'll take a look what it says for today.

Thursday September 30 @ 1 p.m.— Travel the World with Pembroke Public Library— Anusha Arul— Having only spent four years in Canada, Anusha has newcomer experiences to share in her story of what life has been like for her since moving here, and what it takes to grow in a new country. Anusha has lots to share about her home country, Malaysia, which is well-known for its tropical beaches, warm weather, and amazing cuisine.

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



PROGRAMMING IN SEPTEMBER

- Exercise classes as listed on page 9

Thursday September 16 @ 1 p.m. Presenter: Patty Clark, Active Aging Canada
“Be Wise– Cannabis for Older Adults.

Patty will tell us about the new booklet Active Aging Canada has produced. The **Be Wise** booklet is factual information about cannabis and its uses. **Be Wise** is written specifically for older adults and is based on the latest scientific research into cannabis, its benefits and risks. Receive a free copy of the **Be Wise** booklet when you attend!

Wednesday September 22 @ 10:30 a.m. Presenter Angela Siebarth Champlain Trail Museum History of the Champlain Trail Museum as the first Heritage Centre in the Ottawa Valley

A presentation about the beginnings of the Ottawa Valley Historical Society in the 1950's and the development of the Champlain Trail Museum. We will also discuss the history of the Pioneer log home, the Lowertown Schoolhouse and former Micksburg Church at the Museum.

Friday September 24 @ 1 p.m.—Dessert, coffee and chat—It's been awhile since we chatted. So how was your summer? Let's catch up.

Zoom links will be available on our website as well as an email reminder will be sent a couple of days prior to the presentation. Thank you to Patty and Angela for their participation!

September 2021

ZOOM Exercise Activities

Mon	Tue	Wed	Thu	Fri
9 a.m. - ZOOM Active Fit 50+	10 a.m.—ZOOM Low Impact	9 a.m. - ZOOM Active Fit 50+	9 a.m. - ZOOM Functional Fitness	9 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=WFRZWGdhcXdFWFRnWC9SV2soeXoydz09>

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.

September Daily Schedule

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

Zoom presentations links will be available on our website and emailed prior to event

Mon	Tue	Wed	Thu	Fri
6	7 1 p.m. SCWW Meditation with Paul	8 9 a.m. Tai Chi in the park 1 p.m. SCWW How did your garden grow?	9 1 p.m. SCWW BINGO	10
13 10 a.m. Walk & Talk	14 1 p.m. Duplicate Bridge 1 p.m. SCWW Meditation with Paul	15 9 a.m. Tai Chi in the park 10:30 a.m. SCWW Categories 1 p.m. Cribbage 1:30 p.m. Zoom Book Club	16 1 p.m. Zoom Presentation Be Wise –Cannabis for the Oder Adult	17
20 10 a.m. Walk & Talk 10:30 a.m. Line Dancing	21 1 p.m. Duplicate Bridge 1 p.m. SCWW Meditation with Paul	22 9 a.m. Tai Chi in the park 10:30 a.m. Zoom Presentation—Champlain Trail Museum 1 p.m. Cribbage	23 1 p.m. SCWW Share a Story	24 1 p.m. Zoom—Dessert, Coffee and Chat
27 10:30 a.m. Line Dancing	28 1 p.m. Duplicate Bridge 1 p.m. SCWW Meditation with Paul	29 9 a.m. Tai Chi in the park 1 p.m. SCWW The Farmer's Almanac 1 p.m. Cribbage	30 1 p.m. SCWW Presentation Travel the World with Anusha	October 1