



September

Pembroke 50+ Active Living Centre
42 Renfrew Street, Pembroke ON. K8A 7T6 613-735-1226

2019

Your Centre's NEWS

ASIAN STYLE WATERCOLOUR WORKSHOP SUMI-E

Instructor Iay Carson, BFA

Meditative Art for Absolute Beginners
Wednesdays October 9—October 30th

10 am—12 pm

\$89.00/4 weeks

Daily activity and HST included

In this set of workshops you will be exposed to a “free brush” painting and meditative breathing technique.

You will create simple yet stunning images admiring the beauty of each individual stroke of the brush.

Class minimum 10—14 maximum; deadline to register is October 4th. This workshop is for every level—absolute beginner to the advanced student

Rice paper sheet for final project, tools, gloves and an apron are provided.

You can purchase materials set for each class on site or bring your own materials as listed:

- ◆ Watercolour paints (Daniel Smith or Winsor & Newton in tubes preferable)
- ◆ Printer paper 10—30 sheets per class
- ◆ Drawing paper (80 lb.—130g/m2 or higher preferably) 1—3 sheets/class
- ◆ Watercolour paper (100% cotton preferable) 1—2 sheets/class (optional) .



FRIDAY SEPTEMBER 6

2 P.M.—6 P.M.

SATURDAY SEPTEMBER 7

8 A.M.—12 NOON

2 days of bargains to be had!

You still have time to bring in your donations of gently used items for this major fund raiser!

Donations will be accepted up to September 5. We take all kinds of **gently-used** items, but we have to draw the line at computers, electronics, TVs and/or larger items.

If interested in helping out during the summer to sort the donations or on the days of the sale, leave your name at the office and we'll contact you.

Please note: During the Victoria Street reconstruction near the Centre, watch for directional signs to access the garage sale and the Centre.





BOOK CLUB The Book Club has chosen their reading selections for 2019-2020 as listed. If you are looking for some summer reading, you might want to consider one their choices. The Book Club meets the third Wednesday of the month at 1:30 p.m. Everyone welcome!

In addition to the monthly suggestions, the club has also listed their entire book selections for 2019-2020.

Copies are available in the office of their monthly schedule selections as well as the suggestions.

MONTH <i>Chairperson</i>	TITLE	AUTHOR	GENRE	SYNOPSIS
September <i>Pat W.</i>	Educated	Tara Westover	Memoir	An unforgettable memoir about a young girl who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University. The story of Tara Westover, who started her education formally at the age of 17. This is a tale of survival and struggle.
October <i>Maralyn Q.</i>	The Weight of Silence	Heather Gudenkauf	Fiction Thriller Suspense	Heather Gudenkauf skillfully weaves an explosive tale of suspense and ultimately, the healing power of love. Deeply moving and exquisitely lyrical, this is a powerhouse of a
November <i>Pat K.</i>	Orphan #8	Kim van Alkemade	Historical Fiction	A stunning debut novel in the vein of Sarah Waters' historical fiction and inspired by true events, ORPHAN #8 tells the fascinating story of a woman who must choose between revenge and mercy when she encounters the doctor who subjected her to dangerous medical experiments in a New York City Jewish orphanage.
December	No Meeting			
January 2019 <i>Lynn M.</i>	"Evil" – Science behind Humanity's Dark Side Chapter 8	Dr. Julia Shaw		What is it about evil that we find so compelling? From our obsession with serial killers to violence in pop culture, we seem inescapably drawn to the stories of monstrous acts and the aberrant people who commit them. But evil, Dr. Julia Shaw argues, is all relative, rooted in our



If any Centre's members have a copy/copies of the selected books and are willing to lend/donate to the Book Club, it would be greatly appreciated. Just drop the book(s) to the office with your name in it so that it may be returned to the rightful owner, and thank you!

For anyone who is looking for a certain book, the Pembroke Public Library is continuing to provide the Interlibrary Loan service. However, with limited libraries participating, the selection of books to access is diminished. To help support this service, a free will donation would be appreciated.



Proud supporting partner of Pembroke 50+ Active Living Centre's "Your Centre's Newsletter"

- You are invited to join with **Chartwell Pinewood** for their **Fall Open House:**
Sunday September 22 • 1 p.m.—4 p.m. • Fall inspired giveaways and refreshments served.
Musical entertainment by Mel Gardner and Friends

Contact Holly MacDonald 613– 735-4056 for info and to reserve your spot or for information on Chartwell Pinewood Retirement Living .

- You are invited to join with **Chartwell Pembroke Heritage** for their **Fall Open House:**
Sunday September 22 • 1 p.m.—4 p.m. • Fall inspired giveaways and refreshments served.
Musical entertainment by Gillan Rutz

SENIORS IN OUR COMMUNITIES

Marion Eidsness is the host of the “Seniors in our Communities” program that is on air each Tuesday at Valley Heritage Radio, 98.7 FM, during the noon hour. The intent of this show is to highlight topics of interest to seniors throughout the listening area.

Tuesday September 24th edition will highlight our Centre, as Marion talks with our President Mieke Mahood and Board member Kathy Kennedy.

So turn your radio dial to 98.7 FM at noon hour to listen in on the conversation.

You might be pleasantly surprised to learn more about our Centre!

Thank you Mieke and Kathy for your time to promote the Centre and also to Heritage Radio and Marion for giving us this opportunity to share what we have to offer.



We're off to Dineamics for our monthly dining event on Wednesday September 25th at 5:30 p.m.

There is no specific choices to pre-order this time, you will be ordering off the menu.

Please reserve your spot “at the table” no later than Monday September 23 by calling the Centre's office.

OIL PAINTING CLASSES

Myrna is back for a 5 week Oil Painting session starting Monday September 9th and Tuesday September 10th—ending October 7th & 8th.

There are limited spaces available for both Monday and Tuesday classes; cost \$50.00; cheques payable to Myrna Yaniszewski.

The next 5 week session will begin October 21 & 22 respectively with registration on Oct. 7 & 8th.



This is your



..to enter your idea(s) for a logo and tag line for the Centre.

Our name change brought positive responses so we would like to take the next step and create our very own **LOGO and Tag Line.**

We are looking for a logo that will represent **ACTIVE LIVING** and is simple enough to use on printed materials.

A short TAG LINE of a few words that is welcoming and upbeat is what we are looking for!

You have till September 9th to drop off your submissions to the Centre's office or email to pembrokeactivelivingcentre@cogeco.net

Please note the day and time changes to the following activities.

MONDAY—

ZUMBA Gold has moved to Mondays @ 1 p.m.

TUESDAY—

Table Tennis has resumed Sept 3 @ 9 a.m.

Active Fit 50+ @ 10: 15 a.m.

WEDNESDAY—

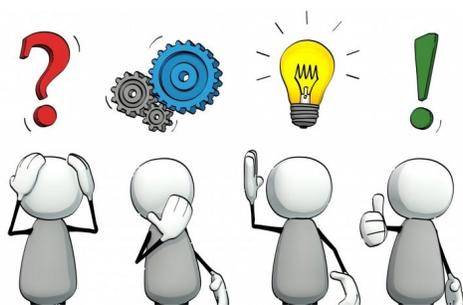
Darts—1 p.m.

Carpet Bowling 1 p.m.

THURSDAY—

Active Fit 50+ @ 8:45 a.m. -as of September 26th

Other activities that are resuming in September will begin the week of September 9th, unless otherwise stated. Please refer to the calendar on the back page for further program start dates.



CERAMICS IS BACK!!!

Annette is back for Ceramics on Mondays starting on Monday September 9th at 9:30 a.m. This is not a registered course, so feel free to drop in and see if there is something that interests you.

Upcoming
EVENTS

- ◆ Coffee get together
- ◆ Trip announcement
- ◆ Victoria Tea (are you interested in helping? Let us know)
- ◆ Christmas themed art workshops
- ◆ Christmas Dinner & Dance
Friday December 13th

Stay tuned for further details in upcoming newsletters and posters!



KRIPALU YOGA with LYNN

Professional Level Kripalu Yoga Teacher (2000)
Certified Kripalu Yoga Teacher (1992)
Over 25 years teaching experience

PLEASE NOTE _ KRIPALU YOGA is cancelled for Saturday September 7 & 14.

Will resume September 21.

Tuesday classes remain as scheduled.

KRIPALU YOGA & PILATES:

Multi-tiered Beginners to Moderate Level

Tuesday evening continues

Kripalu Yoga & Pilates classes 5:00-6:30 p.m.

\$9.00 fee for registrants

Payment by cheque preferred (payable to Lynn T. Murphy) or cash.

Register into 4 or more classes per month in either series (i.e. Tuesday evening) and attend the other class (i.e. Saturday morning) for only \$1.00 activity fee. The activity fee is applicable regardless of attendance in primary series.

\$10 drop-in fee

REMINDER: *If classes are required to be cancelled for unforeseen circumstances at any time of the year, please call the Centre after 8:30 a.m. as the answering machine will be updated, or visit the Centre's website.*

Efforts will be made to advise registrants of cancellation; however, the onus is on members to update their e-mail address and telephone number with the office. If you haven't received a Newsletter please call office to confirm email address.

Members who come to class on a drop-in basis cannot be assured personal notification via telephone.



@ THE CENTRE

Monday - Line Dancing @ 10:30 a.m.

Zumba Gold @ 1 p.m.

Tuesday - Darts @ 7:30 a.m.

- Table Tennis @ 9 a.m.

-Active Fitness 50+ @ 10:15 a.m.

-Kripalu Yoga @ 5 p.m.

Wednesday - Active Fitness 50+ @ 7:30 a.m.

-Let's Get-fit-bit @ 9:30 a.m.

- Carpet Bowling @ 1 p.m.

- Darts @ 1 p.m.

Thursday - Active Fitness 50+ @ 8:45 a.m.

- Qi-Gong & Yoga @ 10 a.m.

Friday - Active Fitness 50+ @ 8:30 a.m.

- Tai Chi @ 10 a.m.

Saturday - Kripalu Yoga @ 9 a.m.

QI-GONG & YOGA

WITH JASON SECORD

Jason will resume Qi-Gong and Yoga with a 6 week session on September 26 - October 31

Cost: Qi-Gong & Yoga \$54.00 ;

Yoga only \$48.00

Drop-in fee \$10.00/day

Activity fee included.

You may register anytime; please make cheques payable to Jason Secord.



the Café

**Wednesday September 25
1:30 p.m.**

September's chat Café welcomes Maggie Jones as she presents **“The Power of the Mind”**.

Maggie will cover various modalities including hypnosis for positive and phenomenal changes in ones life. Maggie will also teach a “tapping” technique.

Are you intrigued?

Come out on September 25th and discover something new!

Coming up in October - Stamps with Hugh Schooley with co-presenter Pam Gaudette.

Volunteer Mural

In the main activity room, a mural has been designed and painted by Sophie C., with help from Gerri R. to recognize and identify the Centre's many volunteers. Thank you ladies, great comments have been received on this art work.

Each volunteer's name will be added on a leaf and attached to the tree.

The Volunteer Committee will take on this task, however, if you would like to assist in preparing the leaves please let the office know.



Thank you to everyone in assisting with this project! Let's work together to make the tree grow!

Victoria Street Reconstruction

Victoria Street reconstruction has begun and so far it has not impacted the Centre to any great extent. It is still unknown what construction will be in the upcoming months.

The front of the Centre will be accessible, however, please take caution when entering the area. The back entrance should not be disrupted, but again please use caution.

For those who are not aware, the street beside the Centre will be closed to vehicle traffic in the near future.



Volunteer Service Awards Recipients

Every year through the Ontario Ministry of Citizenship and Immigration, there is an opportunity to recognize volunteers for providing a continued, committed and dedicated service to an organization through a nomination process. Awards are given at a ceremony usually in June.

However, this year due to late approval, the award ceremony is scheduled in Petawawa, September 12 at 7:30 p.m.

Notifications will be mailed to the nominees, however the Centre is pleased to announce the following recipients:

5 years: Deb Brown, Sophie Clifford, Julia Hunton, Grace Rozeboom; 10 years Gerri Roy and 20 years—Lauretta Handke. Congratulations and thank you for your continued support and dedication!





OCTOBER AND NOVEMBER

WALK IN A HIKE WITH NATURE

SUBMITTED BY PAM GAUDETTE

Well it is time to get our hiking shoes on and start walking again. It has been a hot and humid summer with lots of sunshine, although late starting. We have had many hikes since this activity was started way back in 2015 with varying distances. Some close to home and some requiring a drive. Always enjoyed by those that participated. There will be no hike in September. There will be two hike days in October and two hike days in November. So, mark your calendars and get your shoes ready.

Tuesday October 1st at 10 a.m. will be at Inspiration Way, this is a new trail for us, considered easy to moderate. There are some rolling terrain, with some rocks and tree roots. Good hiking shoes are needed. The trail follows the Ottawa River with beautiful and breathtaking scenery. The trail is a bout 3 km and can take up to 1 ½ hours or 2 depending on how much we stop to enjoy the scenery. **Directions:** take the Greenwood Rd (County Rd 40) to the Beachburg Rd (County Rd 21) follow the Beachburg Rd to Beachburg and go through the village, keep to the left at the store Simple Things and then you will be on Robertson Drive, continue straight once out of Beachburg you will come to a road on the Left called Powers Road, make the left hand turn and continue to the end, to the stop sign, turn right onto Grants settlement road and continue until you come to the intersection with Fletchers Road on the right, turn into the driveway Whitewater Brewery on the left side but on the Grant Settlement Road , this driveway faces the intersection. Follow the driveway in and there will be ample parking available.

Tuesday October 22nd at 10 a.m. will be at the Westmeath Provincial Park, this is considered an easy/moderate trail. Easy because it is flat with one hill, moderate because of distance. The trail goes to the river. **Directions:** Take Greenwood Rd (County RD 40) to the Beachburg Rd (County Rd 21), follow the Beachburg Rd until you reach the Westmeath turn off, then turn left onto the Westmeath Rd (County Rd 12), the gate is about 5 km from the turn off on the left- hand side. Parking on the shoulder or in the designated parking area.

Tuesday November 5th at 10 a.m. at Indian Point Petawawa, this a short trail and lasts about an hour. **Directions:** take Highway 17 to Petawawa and turn right on to Festubert Blvd just before the gates that go into the base. Follow Festubert Blvd along until you see the Petawawa rec centre on the right, turn left onto Arras then turn right onto Givenchie and follow along keeping to the right and going down to the marina, keep to the left once you come upon some stored boats and a parking area.

Tuesday November 26 at 10 a.m. at Shaw Woods, we have been to these woods many times and it is never tiresome. **Directions:** 2065 Bulgar Road, North Algona Wilberforce, Shaw Woods, Follow Hwy 41 from Pembroke, turn left onto County Rd 9 (Bulgar Rd) at the north eastern shore of lake Dore, go for about 1 km, to the entrance for Shaw woods and turn right.

As always wear good hiking shoes with treads, use walking sticks if needed, bring water and a snack just in case of hunger (after all we are hiking) and bring a camera just in case you want to take pictures. If a ride is required you will need to let the office know the day before and the day of the hike be at the centre at 9:15.



September Daily Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9 am Ceramics 10 am Oil Painting 10:30 am Line Dancing 1 pm Zumba Gold (new date!)	7:30 a.m. Darts 9 a.m. Table Tennis 10:15 a.m. Active Fit 50+ 10 am Oil Painting 1 pm Bridge Cribbage 5 pm Kripalu Yoga 6:30 pm Pembroke Duplicate Bridge	7:30 am Active Fit 50+ 9:30 am -Let's get fit -Art Discovery 1 pm - Carpet Bowling (new date!) - Darts (new date!)	8:45 a.m. Active Fit 50+ (as of Sept. 26) 10 am Qi—Gong & Yoga Watercolour Peer group 1 pm Bid Euchre	8:30 am Active Fit 50+ 8:30 am Active Fitness 9 am Hooks, Needles & Patchwork 10 am Tai Chi 1 pm Bunco	9 a.m. Kripalu Yoga with Lynn Cancelled till Sept. 21st

ADDITIONAL September ACTIVITIES

Please take note of the start dates and times of activities. If not otherwise stated, all activities will begin regular scheduled programming the week of September 9th.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Centre closed Labour Day	3 Table Tennis 9 a.m. Active Fit 50+ 10:15 a.m.	4	5 9:15 a.m. Active Fit 50+	6 BUNCO 1 p.m. Garage Sale 2 p.m.—6 p.m.	7 Garage Sale 8 am—12 noon No Kripalu Yoga
8	9 Welcome back everyone!	10	11	12 9:15 a.m. Active Fit 50+	13 Tai Chi 10 a.m. Memoirs 1 p.m.	14 No Kripalu Yoga
15	16	17	18 9:30 a.m. Fit a bit resumes	19 9:15 a.m. Active Fit 50+	20 Drawing with Friends 1 p.m.	21 Kripalu Yoga resumes
22/29	23/30	24 12 noon tune into Heritage Radio	25 Chat Café 1:30 pm Diner's Delight 5:30 p.m.	26 10 a.m. Qi-Gong & Yoga resumes 8:45 a.m. Active Fit 50+	27	28