



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

www.pembrokeactivelivingcentre.com email pembrokeactivelivingcentre@cogeco.net

Your Centre's NEWS

ANNUAL MEETING Wednesday June 22, 2022 11 a.m.

Thank you to everyone who came in person to the annual meeting. Unfortunately, we had it all set up for zooming—however, the best-laid plans of mice and men or the Cogeco internet connection had other ideas.

The Annual Minutes will be available shortly, but here is a meeting synopsis. Copies of the 2020-2021 Agenda and Financial Statements are available for pickup at the Centre.

Interim President Pat Wolfe opened the meeting, welcoming everyone. Then, with the unexpected internet connection loss, Gary McKay recorded the annual meeting for anyone who would like to listen to the meeting.

Pat introduced the Centre's auditor Fred Sinclair of Baker Tilly, to present the 2021-2022 financial statements. Mr. Sinclair reviewed the financial statement, stating in the firm's opinion, the accompanying financial statements show fairly, in all material respects, the financial position of Pembroke 50+ Active Living Centre Inc., as of March 31, 2022. As a result, the Centre ended the year with a positive outcome. Lorne Troutman motioned to accept the financial statements, with Fred Galloway seconding the motion. The motion was carried.

Pat proceeded with the President's report on behalf of Mieke Mahood, following an update on statistics, Volunteer/Membership, Secretary and Property from the facilitators or Chairs. Finally, Pat reported on the work of the Ontario Not For Profit Act (ONCA) ad-hoc committee. As previously reported, the Centre has to be compliant with this new act by October 2024, meaning a change to our constitution or the new term Articles and the general governance.

Under New Business, a motion by Don Carneige and seconded by Christine Bennett to accept the following names as Board members: Deb Brown, Maggie Engler, Fred Galloway, Elizabeth Hinson, Kathy Kennedy, Steve McCulloch, Lynn Miller, Lorne Troutman, Karen Roosen, Cheryll Stott and Pat Wolfe. The membership present passed the motion. Past President is acclaimed to Mieke Mahood.

Arlene made a presentation specifically thanking Mieke Mahood for her dedication, commitment and her hard work she gave to the Centre over the last 15+ years. Please see the page 2 for the entire message.

Pat concluded the meeting by thanking all present and past Board members for their continued support and dedication to the Centre and the membership. The meeting was adjourned by Kathy Kennedy at 12:10 p.m. and seconded by Elizabeth Hinson.

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the best thing about
Memories
is making them

Continued from page 1 Annual Meeting

Shortly after the adjournment, the newly elected Board members had a brief meeting to elect the officers.

Elizabeth Hinson was elected as President, Pat Wolfe Vice President, Secretary Kathy Kennedy and Lorne Troutman as Treasurer; Board members Deb Brown, Maggie Engler, Fred Galloway, Steve McCulloch, Lynn Miller, Lorne Troutman, Karen Roosen and Cheryl Stott.

On behalf of the Centre’s members, thank you to the Board for stepping into the governance role. Your dedication is greatly appreciated.

I was asked to pay tribute to our Past President Mieke Mahood at the Centre’s Annual Meeting on June 22, 2022. I would like to share it with you as not everyone could attend. Just a note, Mieke was sent a bouquet of flowers with this message and a card from behalf of the membership thanking her for her dedication and commitment to the Centre.

Regrettably, as we begin a new year, an era came to a close as of March 31, 2022. Mieke Mahood, our fearless leader for 15+ years, retired as her term as President of the Pembroke 50+ Active Living Centre. We, however, welcome her guidance as Past President.

Over 15 years, she held various positions within the Centre and its governance. For example, a member, Board member, 1st Vice President, President, Treasurer, Past President, President again, colleague to many, bridge partner, bridge teacher, Line Dancer, Bid Euchre player, 6-hand Euchre player (back in the day), friend (and still is). And the list goes on exercise leader and participant, garage sale host, tea hostess, travel companion, and facilitator of many events. And I have probably missed some.

I remember Wednesday, January 16, 2008, when she began as President. In her forward-thinking, Mieke has brought positive changes to the Centre. She faced any challenge with integrity and professionalism. I can’t even begin to list all of her accomplishments. Mieke always had the success of the Centre at the forefront of any decision. Her lasting contributions have made the Centre what it is today, and we are grateful for the positive impact and will remember her contributions for years to come.

The Centre will be
closed on



Cont’d page 3



the best thing about
Memories Cont'd
is making them

In reflection, a few instances come to mind: the new programming that brought the membership from 170 to over 675+ members. The Centre applied for a New Horizon Senior Program grant through her initiatives and fellow board members. With this grant, the Centre began to offer trips and seminars, we even made it to New York City! And look where

we are now! In addition, Mieke was instrumental in getting the exercise program up and running with trained volunteer exercise leaders and promoting Centre partnerships within the Community. When the Older Adults Centres of

Ontario launched the Social Inclusion through Social Prescription (SITS Rx), Mieke knew that the Centre could assist with this program. She was instrumental in entering into a Strategic Partnership with the City. Not only did Mieke think within the Centre's four walls, but she expanded the outreach into the Community.

From my point of view, Mieke brought me from setting the table at lunch, making coffee, dusting, "the girl Friday" job, to Office Manager and Executive Assistant, including the trip planner and facilitator. I thank her for her confidence that I could do the job. Proving that Mieke always looked for growth in every aspect of the Centre.

When the provincial program changed the name to Senior Active Living Centres, Mieke knew it was time to change our name to reflect this new vibrant fresh beginning; hence our new name—Pembroke 50+ Active Living Centre!

Unfortunately, in September 2021, her chronic illness prevented her from in-house programming and participation. However, she was a regular on Zoom for Board and monthly Book Club meetings. Mieke has a new focus now, and that is her health. We will continue to support her.

Mieke, your colleagues, the membership, and I

*Your motivation, compassion,
and endless drive have made us
better individuals....
We will never forget what
you've done for all of us. Thank
you from the bottom of our
hearts.*

will never forget how you have touched our lives and the lasting contributions you've brought to us. You have become more than just a co-worker; you're a trusted friend, a fantastic mentor. We will miss you now that this chapter of

your tenure is complete. Your motivation, compassion, and endless drive have made us better individuals. It has been a true honour and privilege to work with you. We will never forget what you've done for all of us. Thank you from the bottom of our hearts.

*Thank you for being a friend
Travelled down a road and back again
Your heart is true; you're a pal and a
confidant
I'm not ashamed to say
I hope it always will stay this way
My hat is off. Won't you stand up and take a
bow?*

And thank you for all the great memories.

~Arlene





Listed below are the reading selections for 2022-2023. New readers are welcome to participate on Wednesday September 21, 2022 at 1:30 p.m. on Zoom for the first meeting of the year. The Zoom invitation will be available closer to the date.

There are a couple of months with a “?” as there is no discussion leader for this selection. If you are interested, please let us know.

MONTH <i>Discussion Leader</i>	TITLE	AUTHOR
September 2022 <i>Lynn F. - Zoom</i>	And the Birds Rained Down	Jocelyne Saucier
October 2022 <i>Pam Duplessis</i>	Five Little Indians	Michelle Good
November 2022 <i>Elizabeth H.</i>	A Good Wife: Escaping the Life I Never Choose ~A Memoir	Samar Zafar
December 2022	No Book Club Meeting	
January 2023 <i>Maralyn Q.</i>	Wish you Were Here	Jodi Picoult
February 2023 ?	The Henna Artist	Alka Joshi
March 2023 <i>Pat K.</i>	Scarborough	Catherine Hernandez
April 2023 ?	The Only Woman in the Room -the story of Actress Hedi Lemar	Marie Benedict
May 2023 ?	The Diamond Eye	Kate Quinn
June 2023	Choose books for 2023-2024	
Extra Suggestions <i>Maralyn Q.</i>	Rhubarb, Strawberries and Willows	Sylvia Barnard
?	Testaments	Margaret Atwood
<i>Elizabeth H.</i>	Too Much and Never Enough	Mary Trump
<i>Pam L.</i>	Wild Swans: Three Daughters of China	Jung Chang
<i>Pam L.</i>	The Madness of Crowds	Louise Penny



You can find magic wherever you look. Sit back & relax, all you need is a book ~

Dr. Seuss



Interested?

Annual Garage Sale Fundraiser

Friday August 26, 10 a.m.—4 p.m.

Saturday August 27, 8 a.m.— noon

Do you have any good quality, gently used items you would like to donate? If you are downsizing, keep us in mind!

We are accepting your gently used items for our annual Garage Sale Fund-Raiser. You may drop off your items anytime on Tuesdays, Wednesdays and Thursdays.

Please ring the front doorbell if dropping off at the front entrance.

Donations are accepted up until August 18 as the organizers have to be ready for the 26!

Just a reminder, although we appreciate your offerings, we have to draw the line at computers, electronics or televisions.

Please let us know if you would like to lend a hand for either day. Also, if you have a truck or trailer and man-power, we would certainly appreciate your help with clean-up.

Join or Renew Your Membership



Have you renewed your 2022-2023 membership for only \$25.00? Membership forms are available on our website or come in! Payment of cheque, cash or etransfer are accepted.

There has been an interest in:

- Monday Social Bridge
- 4 Hand Euchre
- Shuffleboard
- Table Game Day—crokinole, scrabble, chess
- Carpet Bowling (September)
- Mahjong
- Canasta
- Craft day— a multi-purpose afternoon
- Special Interest seminars—what can you share with us

And these are a few suggestions.

There has been a renewed interest in the programs listed, but we need some expertise to teach the game.

Please let us know if you could help us facilitate the activity. We are always open to ideas!



On the last walk on Monday June 27, there were 5 walkers clocking 5.77km for our early morning River Walk. It was a very nice quiet morning as the weather co-operated and it didn't get windy until they returned. Lots of great chats and beautiful scenery as they strolled along...We found some pretty white wild flowers, not sure what they are called? Take a look on our Facebook page if you can identify them. Or when you are in ask to see them.

Walk & Talk activities will be taking the summer off and returning in September!

Have a great summer!



Proud supporting partner of the Centre's monthly newsletter



Plan your Summer Staycation at Chartwell

Are you considering retirement living for yourself or a loved one, but you're unsure if you're ready to commit to a move?

Call today to learn more about our Summer Trial Stay program.

This summer, enjoy the freedom to safely socialize with friends, participate in leisure experiences and benefit from convenient services that can make your life worry-free at Chartwell.

Our **Summer Trial Stay Program** offers short-term accommodation with the level of service you prefer, including delicious dining and optional wellness services. Our reliable staff are always on hand to support you and provide a range of independent or supportive service options for your comfort and peace of mind.

CHARTWELL PEMBROKE HERITAGE

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

chartwell.com

CHARTWELL PINWOOD RETIREMENT

1022 Pembroke St. E., Pembroke, | **613-775-5006**



Looking For
Something

To Do...

To Do

Peer Watercolour continues on Thursday afternoon @ 12:30 p.m.

Olga is back for alcohol painting on four ceramic tiles depicting the colour scheme of the “4 Seasons”; on Tuesday, July 12, from 9:30 a.m.—2 p.m.; cost \$30.00 with all supplies included.

If you have not yet completed your registration with payment we ask you to do so **no later than July 7th** in order for Olga to bring sufficient supplies.

If you have decided not to take the class please let the office know as there is a waiting list that can be called.



Lynn T. M.

Professional Level Kripalu Yoga Certification
(2000)

Certified Kripalu Yoga Instructor (1992)

* 30 years teaching experience*

Easy Does It Yoga

Tuesday 3—4 p.m.

Experienced Beginners

Kripalu Yoga

Tuesday 4:30 —6 p.m.

SUMMER

SPECIAL

OFFER

Lynn is offering a summer special for both classes from June 7 to August 30th!

“Tune-in with a toonie” -\$2.00/class. What a great deal, thanks Lynn!

There has been an interest in:

- Social Bridge
- 4 Hand euchre
- Shuffleboard –can you instruct?
- Table Game Day—crokinole, scrabble, chess
- Carpet Bowling
- Craft day
- Learning to knit/crochet
- Special Interest seminars—what can you share with us

And this is only a few suggestions.

There has been a renewed interest in some of the programs listed above but we need some expertise to teach the game.

Please let us know if you could help us out to facilitate the activity.

We are always open to ideas!





Diner's Delight!

Please mark your calendar for Friday, September 30, when we welcome Diner's Delight back!

Instead of going to a restaurant, we will be dining at the Centre with a catered meal from Schmidt's Catering. On the menu is roast beef, mashed potatoes, vegetables, salad, marinated onions, buns and dessert (TBD). Cost \$18.00/person. If you cannot attend in person, we are looking at takeout options, i.e., drive-up or delivery. These options will depend on the numbers and volunteers to assist.

If you are dining in and, to cut down on kitchen duties, please bring your place setting-(plate, cup, glass, cutlery etc.) and a beverage of choice. There will be water, tea and coffee available.

We would certainly appreciate your assistance; if you could spare some time assisting with the takeout options, setting up, taking down tables and general cleanup after the event.

Check out August's Newsletter for more details.

life is
**BETTER
WHEN YOU'RE
LAUGHING**



Why it's never too early to think about Christmas!

Mark your calendars for Friday December 2 for the Centre's Annual Christmas Dinner & Dance at the Pembroke Legion. Entertainment provided by Landry & Madill.

Tickets will go on sale early October!

More details in upcoming newsletters.



Effective July 1, 2022 the Centre will be closed Monday and Fridays during July and August.; opened Tuesday, Wednesdays and Thursdays from 9 a.m.—4 p.m.

The in-person and Zoom daily exercise classes will be **taking a break for July and August, and will return in September.** The Exercise leaders have diligently provided these classes weekly on Zoom and in-person over the last 2+years, without a break! On behalf of the Centre we thank them for their commitment to offering this program. Enjoy your summer it is well deserved!

Stay tuned however, a couple of days may be scheduled for in-person exercises, an email will be sent a couple of days prior notifying you of the time and date.

But don't despair, you may access the exercise programs by right [clicking this link](#). A menu will appear and on the bottom click :open hyperlink". Thank you to our community partner West Champlain Family Health Team. And don't forget Cogeco subscribers, tune in to Your TV Cable channels 12/HD Cable 700 Monday to Saturday 9 a.m. and 11 a.m.

Tai Chi will continue at the Pembroke Waterfront Sundial on Wednesday's at 9 a.m. weather permitting.





Upcoming COMMUNITY EVENTS



BOCCE BALL AND BBQ SATURDAY JULY 16 @ 2 P.M.



The Algonquin College Speaker Series at the Pembroke Waterfront Campus has been attracting some of Canada’s most interesting speakers for more than 25 years. To register for any of our Speaker Series events please register online using the Eventbrite links below. This series is funded in part by the Government of Canada’s new Horizons for Seniors program.

Remembering Dieppe – The story of Canada’s darkest day of World War II with Author Hugh Brewster

Date: Thursday, August 18, 2022,

7 – 8:30 p.m.

(Virtual presentation through ZOOM)

For more information or to register please visit
www.algonquincollege.com/pembroke/speaker-series/



AWE Yoga teaches chair yoga in an inclusive way for all skill and mobility levels to enjoy. All movements will be done while seated in chairs and will be gentle and safe. Beginners are welcome!

Chair yoga takes place Tuesdays online 10-10:45 a.m. and Thursdays 10-10:45 a.m. and 11:15 a.m.-12 p.m. at the Pembroke and Area Community Centre (PACC). Chair yoga is free of cost to those participating.

Registration is required if you wish to participate as spaces are limited. Contact the Parks and Recreation Department by phone at 613-735-6821 ext. 1501 to register or for more information.

This is a great opportunity for the whole family, friends and neighbours to join in the fun that requires absolutely no prior bocce ball experience! Register your team of two for \$20.00. Three games are guaranteed!

Golf ladder and washer toss games will also be on hand.

BBQ items and refreshments available for purchase.

For more information, or to register your team, contact jane.duff@cogeco.ca

This event is in support of the Pembroke Curling Centre.

SUPPORT UKRAINE!

PAINTING WORKSHOP

WEDNESDAY JULY 6, 2022

12 P.M.—2 P.M.

PEMBROKE PUBLIC LIBRARY

Join professional artist Olga and paint a floral picture. No skills required, and all supplies will be provided. Cost \$45 per person with all proceeds supporting people in Ukraine!



To register or for more information call the Library 613-732-8844 or email programs@pembrokelibrary.ca

While attending show your support by purchasing a traditional Ukrainian meal including borscht, pierogis and cabbage!

JULY 2022

Mon	Tue	Wed	Thu	Fri
<p>Looking to downsize? Spring cleaning? You may bring in your gently used items Tuesday, Wednesday and Thursday from 9 a.m. till 4 p.m. up to and including August 18!</p> <p>For the Centre's Annual Fundraiser Garage Sale Fri., Aug. 26, from 10 a.m.— 4 p.m. Saturday, August 27, from 8 a.m.—noon.</p> <p>Just a reminder—Exercise classes are taking a break for July & August. Classes will resume in September. We wish the “Exercise team” a restful summer and thank you for your dedication to this program.</p> <p>Please see page 8 for other exercise options that you may access.</p>				<p>¹ CENTRE CLOSED</p> 
<p>⁴ CENTRE CLOSED</p>	<p>⁵ 1 p.m. Social Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>⁶ 9 a.m. Tai Chi Pembroke Marina @ Sundial 1 p.m. Cribbage 1 p.m. Darts</p>	<p>⁷ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>⁸ CENTRE CLOSED</p>
<p>¹¹ CENTRE CLOSED</p>	<p>¹² 9:30 a.m. Alcohol Painting Technique Workshop 1 p.m. Social Bridge cancelled for today 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>¹³ 9 a.m. Tai Chi Pembroke Marina @ Sundial 1 p.m. Cribbage 1 p.m. Darts</p>	<p>¹⁴ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>¹⁵ CENTRE CLOSED</p>
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<p>²⁵ CENTRE CLOSED</p>	<p>²⁶ 27 8 a.m. Darts 10 a.m. Low Mobility 1 p.m. Social Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>²⁷ 9 a.m. Tai Chi Pembroke Marina @ Sundial 1 p.m. Cribbage 1 p.m. Darts</p>	<p>²⁸ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>²⁹ CENTRE CLOSED</p>