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Greetings King Seniors!

I am honoured to be your chairman. Although it will be difficult to follow in the footsteps of Carol Field, who knows, maybe it can be done. My background is legal, although now, being fully retired, I am not permitted to practice. As you know, the sheer number, variety and indeed the quality of the activities carried out by King City Seniors is certainly entertaining, instructive and beneficial. I need not elaborate. Your board, in fact, works very hard to provide mental and physical means whereby we can enjoy the so-called Golden Years. The newsletter will continue to provide insights and report on activities. One notable development, of course, is that we are going to be moving into the new building being constructed on King Road. We are sharing the space with the King Library. The time of the move is yet undetermined, but we will keep you posted. Since I am the new guy on the block, please feel free to provide your comments and criticisms.

Respectfully,

Franklin Moskoff, Q.C. Chairman

From the Editor's Desk:



It is starting to feel as if we really will be moving into our new home soon as we are being asked to choose furnishings. This is an exciting time! Laura had a tour of the new facility at the end of January and sent along some photos. They can be found within this newsletter. When we move, our new address will be: 1970 King Rd, King City, ON L7B 1K9

We also received notification of a **Seniors' Day** to take place the **last Tuesday of each month** at the **King Heritage and Cultural Centre**. You are invited to drop in between 10am and 1pm to explore museum exhibits and enjoy new activities each month. There will be light refreshments and a social hour. Admission is by donation. If large groups are interested in attending, please RSVP: [kingmuseum@king.ca](mailto:kingmuseum@king.ca) or (905) 833 2331.

Your board is putting together special sessions once a month for your information. Look for the CHATS session and the gardening session described under Happenings. Further events are in the planning stage. Don't forget to keep up with the latest news from King City Seniors on bulletin boards at the Centre, in the King Weekly Sentinel and on our website [www.kingcityseniors.ca](http://www.kingcityseniors.ca).

Carolyn Kanitz

[Carol-kanitz@rogers.com](mailto:Carol-kanitz@rogers.com)

### SENECA NURSING STUDENTS WITH KING SENIORS

In the fall of 2019, the Seneca College nursing professor, Tania Killian, contacted the King Seniors and asked if it would be possible to organize a group of volunteers to be interviewed as to their medical histories by the Seneca College student nurses as part of their training program. On Jan 16, a blustery winter day, a group of fourteen of us arrived at the new training facility at Seneca King campus.

We were greeted by Tania and guided to an area to put our coats and enjoy yummy refreshments. Then we were guided to their extensive, modern medical area where we were welcomed by approximately forty student nurses.

The students recorded interviews on their phones, and later would critique their pertinent questions and answers, and review their bedside manner. We left feeling happy that we had the opportunity to make a small contribution to this program and would welcome being of further assistance in the future.

Carol Field

## Travel Club News

Your Travel Club is pleased to announce that a number of exciting trips are being planned for your enjoyment. Many of the trips are very popular so register early to secure your seat. It is important to remember that payment for the trips must be in well before the trip. You may register for any of these trips on the signup sheet at the Centre or by contacting:

**Agnes Carrey 905-841-7390 or Jayne Rector 905-853-1436**

### Thursday, May 14, 2020 – Sentimental Journey 2 with the Guse Family



If you enjoyed the Guse Family Christmas Show, then you will definitely enjoy their spring show. Be prepared to relax and enjoy a trip down memory lane.

Lunch will be at the Stone Crock Restaurant in St. Jacobs

Cost: \$125 per person

Coach will leave the arena at 10:30am

### Saturday, July 4, 2020 – Lavender and Winery Tour



Visit beautiful Prince Edward County to enjoy a day trip full of fragrance, taste and entertainment. The farm has 3 acres of lavender and 1 acre of other fine herbs.

Enjoy a three-course lunch at the Waring House in Picton and a wine tasting at Sandbanks Winery.

There will also be a stop at the Big Apple.

Cost: \$125 per person

Coach leaves the arena at 8am

**Thursday, September 17, 2020**

**An Autumn Mystery Tour**

**Details to following the next newsletter.**



**Thursday, December 10, 2020 – Oh Canada Eh?**

**Holiday Dinner Musical**

**Details to follow in next newsletter.**





## HAPPENINGS

### Annual Pancake Supper

Date: Tuesday, March 3

Where: King City Seniors Centre

Time: Two sittings – either 4:30pm or 6:00pm

Cost: \$10 for adults, \$5 for children under 12



### Movie Night



Join us for a night at the movies on Wednesday, March 4, Wednesday, April 1 and Wednesday, May 6.

**Place:** King City Seniors' Centre

**Time:** Doors open at 6:30 pm. Movie starts at 7:00 pm.

**Movie:** March movie 'The Wife'. April and May TBA.

Admission by Donation

### Potluck Lunches for Spring



Our regular potluck lunches are held on the third Friday of every month. The spring lunches will be held on March 20, April 17 and May 15.

Lunches start at 12:30 pm. Attendees are asked to bring either a main course item or a dessert.

The food is always delicious and the company superb!

### Wednesday, March 25 – Presentation by CHATS

We are pleased to offer a free presentation for all interested people on assistance that is available for aging at home. Christina Liorti will introduce us to CHATS and discuss their Bundle of Care Service.

Among the topics to be covered: day programmes; volunteer visiting programme; transportation; tenancy risk reduction service; meals on wheels; assisted living; housekeeping; respite care; care giver support and education.

For anyone wishing to remain at home as long as possible, this will provide valuable information as well as a good start for further research. Please encourage family and friends to attend this very worthwhile presentation.

Location: King City Seniors Centre

Time: 10am to noon



### Monday, April 27 – Sustainable Garden Presentation



A speaker from the Greater Toronto Conservation Authority will present a talk on the topic of planting native plants to attract birds, bees and butterflies to your garden.

Following the speaker, there will be a question period as well as a coffee break.



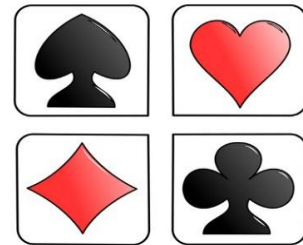
When: Monday April 27  
Time: 10am to noon  
Place: King City Seniors Centre



### York Region 55+ Summer Games - Progressive Euchre

Are you interested in playing euchre? Would you like to compete against other players in York Region? If you answered 'yes' then get a partner and sign up to compete in the 2020 York Region 55+ Summer Games. Registration forms will be available at the Centre by March 3, 2020

When: Friday, May 8, 2020  
Where: King City Seniors Centre  
Time: from 1pm  
Contact: Vic at 905-833-3510



Check out our Facebook page at [OSGA55+York Region-District#14](#)

### Our New Home Under Construction

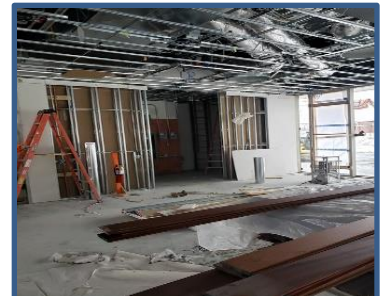
Half of Main Hall



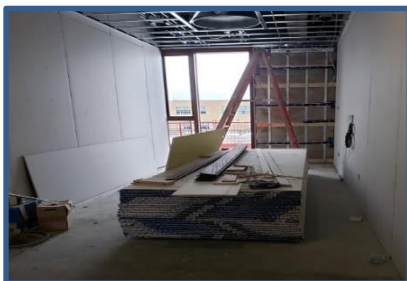
Large Kitchen



Main Hall to Storage Room



Board Room



Storage Room



# Puzzle Page

## Jewels and Gemstones

Find and circle all of the gemstones that are hidden in the grid. The remaining letters spell a secret message.

T T S Y H T E M A H E N I R A M A U Q A  
E E R U B Y A C E E G D A N B U R I T E  
O T N L D E M I N N R J J U Z I R C O N  
B D I E I L B T O E E U L A R O C E A D  
I A I L H M E R T E O T B N S D W L H E  
I L G A O P R I S H N S I E O P E V I E  
R E O F M M S N D I V I L N L X E E D H  
E N B O M O M E O U N Y T E A I D R D R  
N I S E P O N A O D R Z T N I Z T A E N  
O P I D E A O D L E O I D R E S N E N F  
T S D O T O L N B I C R O T A P N A I R  
S T I N I Y D C S S I N I P A I R R T A  
N T A Y N L S I I T S L P E L A T E E N  
U D N X A I T R E T O H S A T O T J S H  
S E L R G E A A O I I N M R P A A G E L  
S T E F R V A N C R E R E A T D G E D R  
D M I A O M E O E N U D Z T E N R A G A  
E I N T M H E W O O M A L A C H I T E E  
R L D S U G L I T E E S I O U Q R U T P

- |             |           |            |            |
|-------------|-----------|------------|------------|
| AGATE       | DIAMOND   | MORGANITE  | SPINEL     |
| ALEXANDRITE | EMERALD   | OBSIDIAN   | SUGLITE    |
| AMBER       | GARNET    | ONYX       | SUNSTONE   |
| AMETHYST    | HIDDENITE | OPAL       | TANZANITE  |
| AMMOLITE    | IOLITE    | PEARL      | TOPAZ      |
| AQUAMARINE  | IRONSTONE | RUBELITE   | TOURMALINE |
| BERYL       | JADE      | RUBY       | TURQUOISE  |
| BLOODSTONE  | JASPER    | SAPPHIRE   | VARISCITE  |
| CITRINE     | MALACHITE | SERPENTINE | ZIRCON     |
| CORAL       | MOONSTONE | SPHENE     | ZOISITE    |
| DANBURITE   |           |            |            |

## Activity Programs

<b>Monday</b>	
1:00 pm - Int. Bridge	You do not need to bring a partner for these games as we arrange the tables. <b>Contact: Laura Smith - 905-833-4466</b>
7:30 pm - Badminton	King City Public School gym. We'll teach you how to play and provide you with a racquet. The fee is \$1.00. <b>Contact: Vic Warner – 905-833-3510</b>

<b>Tuesday</b>	
9:30 am - Line Dancing	Come out and kick up your heels! Enjoy a great workout with great music and good friends. <b>Contact: Carol Field – 905-833-3324</b>
11am	Beginners classes <b>Contact: Lynne Fonseca - 416-617-2910</b>
10:00 am - 5 pin Bowling	We bowl at the Richmond Hill Pro Bowl Lanes. The fee is \$5.30 for three games. Bowling shoes are free. <b>Contact: Mary McDougall – 905-833-5281</b>
1:00 pm - Bid Euchre	This is a year-round program. If you are new to the game, we will gladly help you learn. <b>Contact: Rita Cancelli – 905-833-6305</b>
7:00 pm - Pickleball	We meet in the King City Public School gym. The fee is \$5 per night. <b>Contact: Vic Warner – 905-833-3510</b>

<b>Wednesday</b>	
9:30 am – Walking Club	Currently suspended.
1:00 pm Novice Bridge	Everyone is warmly welcome. Come out and learn to play. Contact: <b>Carol Field – 905-833-3324</b>
6:30 pm - Movie Night (Oct, Nov, Feb – May incl.)	First Wednesday of the month – doors open at 6:30 pm, show starts at 7:00 pm. Admission by donation. <b>Contact Carolyn Kanitz – 905-833-0792</b>

<b>Thursday</b>	
9:30 am - Gentle Motion	A popular exercise class similar to, but gentler than, Tai Chi. <b>Contact: Rita Cancelli – 905-833-6305</b>
1:00 pm - Carpet Bowling	Held year-round upstairs at the arena. <b>Contact: Rita Cancelli – 905-833-6305</b>

<b>Friday</b>	
9:00 am - Pickleball	Available in the gym at the new Township Offices. The fee is \$5 per day. <b>Contact: Vic Warner – 905-833-3510</b>
9:30 am– Art Class	Art classes will resume shortly. <b>Contact: Carol Field – 905-833-3324</b>
7:00 pm - Euchre	Traditional euchre is played year-round every other Friday at the Centre. The fee for members is \$3.50. <b>Contact: Betty Coles – 905-833-5380</b>

<b>Saturday</b>	
9:30 am - Zumba	The fee for ten lessons is \$40.00 payable upon registration. <b>Contact: Carol Harris – 905-833-5398</b>




## KING CITY SENIORS' CENTRE COMMUNITY BOARD MEMBERS

Chair	Frank Moskoff	905-833-0796
Vice Chair	Susan Phillips	905-859-4583
Past Chair	Carol Field	905-833-3324
Recording Secretary	Kay Brooks	905-833-5555
Treasurer Liaison	Mary Aldcroft	905-833-0448
Kitchen Convenor	Mary Aldcroft	905-833-0448
Membership Convenor	Harry Bishop	905-833-5785
Social Convenors	Sheila Croker Toni Palma	905-833-5579 905-833-6379
Travel Convenors	Agnes Carrey Jayne Rector	905-841-7390 905-853-1436
Activity Convenor	Vic Warner	905-833-3510
Communications Convenor	Carolyn Kanitz	905-833-0792
Social Secretary	Jane Hepworth	905-833-5870
Parks and Recreation Rep	Laura Campbell	905-833-6556
Township Rentals	Chesney Alexander	905-833-6561
King City Lions' Club Rep	Jim Curran	416-823-4936

**Address** – 30 Fisher Street, King City ON L7B 1G3      **Phone** – 905-833-2824

**Website** – [www.kingcityseniors.ca](http://www.kingcityseniors.ca)

### Reminders

 <b>March</b>	Tuesday 3 <sup>rd</sup> – Pancake Supper Wednesday 4 <sup>th</sup> – Movie Night Friday 20 <sup>th</sup> – Potluck Lunch Wednesday, 25 <sup>th</sup> – Presentation by CHATS on aging at home
 <b>April</b>	Wednesday 1 <sup>st</sup> – Movie Night Friday 17 <sup>th</sup> – Potluck Lunch Monday 27 <sup>th</sup> – Sustainable Gardening presentation
 <b>May</b>	Wednesday 6 <sup>th</sup> – Movie Night Thursday 14 <sup>th</sup> – Trip to Guse Family – Sentimental Journey 2 Friday 15 <sup>th</sup> – Potluck Lunch

#### Looking Ahead:

**June** – Annual BBQ  
**July** – Lavender and Winery Trip  
**September** – Registration, Autumn Mystery Tour, Corn Roast