

# NEWSLETTER

September – December 2022



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### Greetings from the Chair

Winston Churchill remarked, "It's always wise to look ahead, but difficult to look further than you can see." When the members of King Township Council, years ago, planned our new, glistening building, designed specifically to house the Seniors' Centre and the Library, little could they foresee that a viral plague called Covid would intervene, causing a stoppage or curtail the myriad activities of life as we know it.

However, now with the lessening of provincial restrictions, the building has taken shape, and the vision which we are fortunate enough to inherit, has been fulfilled. The previous component parts of the King City Seniors have been identified and broadened. With the assistance and co-operation of the Township of King, and our dedicated volunteers, the seniors have at their fingertips a wide variety of activities in which to participate.

Are you interested in artwork, in painting, in bridge, in euchre, in travel, in tai chi, in touring, in lectures? Are you interested in meeting people who share your interests and with whom you have a lot in common? This is all possible. See you on September 7, when for a merely nominal fee you can sign up to become a member.

We will certainly not forget the past, but rather build on its foundation, for a bright, exciting future

Franklin Moskoff, Q.C. Chairman

### From the Editor's Desk:



Welcome everyone to the first newsletter of our new beginnings. We are pleased to be able to have our activities resuming in our beautiful new building. We have set out for you our solid plans and tentative plans from September to the end of December. We truly hope that everyone will enjoy good health and good times going forward so that members can once again enjoy a full program.

It is important to point out our plans for **September 7, 2022**. Between 10am and 2pm we will be holding a membership renewal for current members and an opportunity for new members to join. We will also have an **Open House** during this time as well. This is an opportunity to meet your board members and the volunteers who run our programs. We look forward to sharing with you further information about future programs and events. We also want to hear your comments and your suggestions as to other programs that you might like to see offered. Your input will help us in planning the best programs to meet your needs.

We plan to have the first Friday morning of each month open for special events and/or presentations. We know that there is a wealth of knowledge and experience out there that we can tap into for the benefit of our members. So, if you have ideas for this time slot, please let us know.

We look forward to seeing as many as possible on September 7.

Carolyn Kanitz

### Communicating with King City Seniors

Since newsletters come out only a few times a year, we have several other ways to help keep you informed.

1. **'eBlasts'** - which are sent out weekly to keep those of you with email up to date on our activities. It is our hope that you will share this information with those who do not have access to a computer.
2. **Face Book** - you can join the King City Seniors Centre group to see interesting information about our activities – including pictures.
3. **Website** - you can access our website at [kingcityseniors.ca](http://kingcityseniors.ca).
4. **King Weekly Sentinel** - upcoming events can be found in the King City section of the newspaper each week.
5. **Contact** the Centre at 905-833-6565 or at [kingcity.seniors@gmail.com](mailto:kingcity.seniors@gmail.com).

**SEPTEMBER IS MEMBERSHIP REGISTRATION TIME**

It is time to renew or start your KCSC membership **When:** Wednesday, September 7, 2022  
**Where:** At the Centre, 1970 King Road, King City  
**Time:** from 10:00am to 2:00pm

You may pay by cash, cheque (payable to King Township) or credit card (this option is only available Sept 7).

If you are 55+ years of age, we invite you to check out the Centre, talk to any of our members and ask about our many activities. New members are always warmly welcomed.

**Fee Schedule:**

	<b>King Township Residents</b>	<b>Non-Residents</b>
Single membership	\$15.00	\$20.00
Two members, same address	\$20.00	\$30.00
Honorary membership – 90+ years of age - there is no charge for membership but a form must be completed.		

If you wish to complete your membership by mail, please fill in the attached membership form and include your cheque made out to Township of King. Mail to:

Membership Convenor,  
 King City Seniors Centre  
 1970 King Road  
 PO Box 332, King City ON L7B 1K9

**Important:** Please send a change of address to the convenor if you move residences.

**King City Seniors Centre – Community Board Members**

Chair	Frank Moskoff
Vice Chair	Susan Phillips
Past Chair	Carol Field
Recording Secretary	Margaret Lawrence
Treasurer Liaison	Mary Aldcroft/ Susan Phillips
Kitchen Convenor	Mary Aldcroft
Membership Convenor	Harry Bishop
Social Convenors	Sheila Croker Rosie Bellefontaine
Travel Convenors	Agnes Carrey Jayne Rector
Activity Convenor	Toni Palma
Communications Convenor	Carolyn Kanitz
Social Secretary	Jane Hepworth
Social Media Convenor	Jackie Treadwell
Parks and Recreation Rep	Jon Bell
King City Lions' Club Rep	

## 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 by contacting:

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

**Wednesday, October 19, 2022**

**Fallsview Casino**



Get dealt into the action at Fallsview Casino Resort! Whether your game is slots or tables, you'll find it all on one of the largest Casino gaming floors in the world. Fallsview Casino has something for everyone. Pull up a chair at over 100 tables and try your luck! The Casino will provide \$35 in slot play.

**Depart:** King City Arena at 9am. Return approximately 6pm

**Price:** \$35pp

Participants are responsible for their own lunch expenses.

### The Sounds of Christmas



A heartwarming musical celebration by Nicole Gush. It is a multi-generational multiple performer musical journey through the many styles of Christmas music. The show combines rich harmony vocals with wonderful arrangements of those Christmas tunes you know and love as well as toe tapping instrumentals and various styles of dance.

**IMPORTANT:** This event is will take place on either December 1, 2 or 3. The date and price will be announced when all is finalized.



## HAPPENINGS

### Potluck Lunches for Fall



Potluck lunches are held on the third Friday of the month. The fall lunches will be held on October 21 and November 18.

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

The food is always delicious and the company superb!

**Thursday, September 29, 2022**

**Ice Cream Social**

Chartwell will be providing an ice cream social from 2pm to 4pm as a welcome back. This will require pre-registration as the number participants is limited. Call the Centre at 905-833-6565 to express your interest.



Full details are not yet available but will be provided as soon as they are.

**Sunday, December 4 – Christmas Open House**

**What:** Enjoy an afternoon of good times with friends. We will have entertainment, a sing-along as well as a special guest to help put you in the holiday mood.

**Where:** Seniors' Centre, 1970 King Road

**When:** 2pm – 4pm



### Special Presentation – How to Use a Defibrillator



We are planning to have a presentation, by our Fire Department, on how to use a defibrillator. We feel that this is an important topic for all who participate at the Centre. As soon as we have a date confirmed, we will post the information.

### Other Special Events and Presentations

As mentioned earlier in this newsletter, we are reserving the first Friday morning of each month for special presentations. We have a contact for a talk on managing Diabetes which we are exploring. **However**, we are looking for more ideas. If you are aware of a topic that would be of interest to our membership, we would appreciate hearing from you. You can call the Centre at 905-833-6565 or email us at [kingcity.seniors@gmail.com](mailto:kingcity.seniors@gmail.com) and leave your name, number and the information you have to share.

## Activities

<b>Monday</b>	
9:30am – 10:15am - Mobility Matters	This is an exercise program for seniors 65+. It combines four types of exercises: endurance; strengthening; stretching; balance.
1:30pm Zumba Gold	This is a Zumba program designed for seniors. An excellent exercise program to meet the needs of seniors.

<b>Tuesday</b>	
9:30am - Line Dancing	Come out and kick up your heels! Enjoy a great workout with great music and good friends.
1:00pm - Bid Euchre	This is a year-round program. If you are new to the game, we will gladly help you learn.

<b>Wednesday</b>	
9:30am – 10:15am - Mobility Matters	This is an exercise program for seniors 65+. It combines four types of exercises: endurance; strengthening; stretching; balance.
1:00 pm - Novice & Intermediate Bridge	Everyone is warmly welcome. Come out and learn to play. You do not need to bring a partner for these games as we arrange the tables

<b>Thursday</b>	
9:30am - Gentle Motion	A popular exercise class similar to, but gentler than, Tai Chi.
1:00 pm - Carpet Bowling	This activity runs year-round at the Centre.

<b>Friday</b>	
9:30am art classes	Classes with local artist, Mary Morganelli, will be held on the 2 <sup>nd</sup> and 4 <sup>th</sup> Friday of each month.
1:00pm - Euchre	Progressive euchre is played year-round every Friday at the Centre.

