

# LATCHAM NEWS

*If people did not love one another, I really don't see what use there would be in having any spring. -Victor Hugo*



## President's Message:

I don't have to tell you that self isolation and the Latcham Centre closing are ongoing. We're all aware of it. If you need a mask, I'm at the Latcham Centre parking lot every Wednesday from 11.30 - noon. You'll see my Grey Ford Escape with the hatchback open. I was at a Future Waterfront meeting (virtually) on Monday, April 27. We were taken step by step through the consulting firm's process of consolidating the previous nine concepts into

three proposals. I'm very happy to say that in each one the seniors centre is downtown near where the Latcham Centre building is now. Also at this meeting it was suggested that the Latcham Centre be put on the short list due to the building's age. Now remember when we think of short list timing it's not the same as the government's short list timing, but we're seeing some advances in this future waterfront design. I still believe that the reason the seniors centre is front and centre is because our members came through by attending meetings and filling in postcards. We'll be asking you to step forward again in about a month's time to fill in a survey. We can't take our foot off the gas now! I'll be in touch with you again soon.





**KEEP ACTIVE...**

Usually our last page has all of our activities, their times and a list of our wonderful activity leaders. Well, that's a no-go for now. So...just to keep you all in shape I thought I'd list some exercise and activity sources for you... You're welcome!

**YOGA:** <https://www.nytimes.com/guides/well/beginner-yoga?referringSource=articleShare>

**WORKOUTS:**

**U.S.** (this one starts with jumping jacks- just sayin')  
<https://www.nytimes.com/2020/02/18/well/move/in-6-minutes-you-can-be-done-with-your-workout.html?referringSource=articleShare>

**YMCA:** <https://ymca360.org/on-demand?referringSource=articleShare#/category/14>

**England:**  
<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/?referringSource=articleShare>

<https://www.nia.nih.gov/health/exercise-physical-activity?referringSource=articleShare>

<https://www.nhs.uk/live-well/exercise/strength-exercises/?referringSource=articleShare>

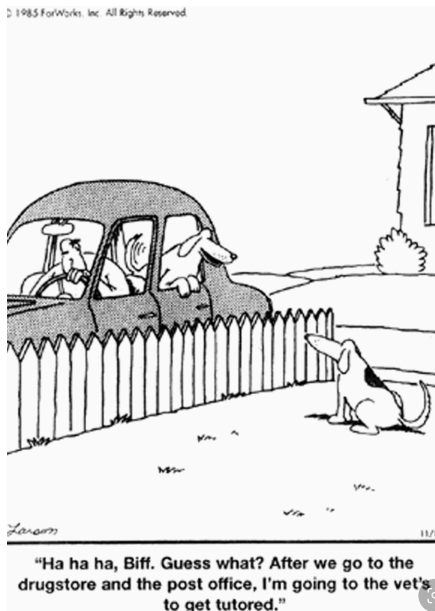
**Seated:** <https://www.nhs.uk/live-well/exercise/sitting-exercises/?referringSource=articleShare>

**Balance:** <https://www.nhs.uk/live-well/exercise/balance-exercises/?referringSource=articleShare>

Well, now that you've tried all of those, here are some **cookie recipes**, each uses only three ingredients...

<https://www.nytimes.com/2020/04/15/dining/three-ingredient-cookies-coronavirus.html?smid=em-share>

*In the spring, at end of the day, you should smell like dirt.*  
 -Margaret Atwood





Nathan Pyle's comic strip about aliens on Earth called Strange Planet, may be an acquired taste- but I didn't want any complaints from 'cat lovers', or Science Fiction fans...

Thanks again to our crafters!  
Updated numbers: masks 1589,  
comfort bands 430, caps 31.

*Thanks to Pat Shepherd for forwarding one of her paintings for publication. It's entitled 'On the Road Again'.*

I know you're all missing our bus trips, so here's a suggestion: download the CBC Gem app. It has lots of old and new CBC shows, and it's free. (well, it does have commercials). Find the search bar (magnifying glass) and type in Stratford. There you'll find 12 of Shakespeare's plays. Now just wait until an intermission and rush into the kitchen and pour yourself a glass of wine, and it's just like being in the theatre!

Also on Gem is an old favourite of mine, "Slings and Arrows". It's a tv series about the staging of a play in a town that looks suspiciously like Stratford; it stars Paul Gross.



**PUZZLED?** Here's an idea from our Veep Carole-

I would like to start up a puzzle exchange for our seniors. If you are interested, simply contact me by phone [905-982-2702](tel:905-982-2702) or email [dandcm43@yahoo.ca](mailto:dandcm43@yahoo.ca). I will gladly exchange puzzles (maximum 3 at a time). Let me know how many you will be dropping off and how many you would like. The only provision I can try to accommodate would be the size of puzzle (# of pieces). Some of us (me) can't do 2000 pieces, even if I was housebound FOREVER!

Please sanitize the box before you drop off and I will make sure they are also sanitized before you pick up. I will date the puzzles when they come to me, open them up to the air (lid off) and wait one week before letting them go back out. I have never read or heard of the germ lasting more than a few days! As long as we are 'housebound', I am almost always home. We will set up a time for you to pick up. In the event of bad weather, the puzzles will be in a box with a lid on just inside our gate to the backyard, left side of our house.

p.s. Feel free to drop off any extra you may have, the more, the merrier! Keep in mind these cannot be returned.



Your executive- still at it!

We are planning to set up a friends calling friends group. There are 72 PPSC members without computer access- how they are living without this fascinating newsletter is beyond me. Sooo we were thinking of getting a group of people to phone them. If there are 10 of us, that's 7.2 calls each. So if you're interested in phoning a member and spreading joy- contact the club; our email address is on the bottom of this page. Thanks

Sorry if these newsletters are getting sillier as we go on, and on, but I may be getting a little stir-crazy. Yours truly, your editor-in chief, Rita Barrell.

-N.B. The club's phone number is part of the formatting of the newsletter. **Don't** phone us! No one is there. If you thought your suggestions and complaints went unanswered before, well it's much worse now!