

LATCHAM NEWS

"Life is short; smile while you still have teeth."

Upcoming:

**OFFICE HOURS: M/W/F
10-12**

**Wed., Feb. 14th @ 1 pm
Meeting.**

Our speaker is Amy Barron:
"Agatha Christie: Archeology and
Alzheimer's"

Mon., Feb. 19th Family Day

Int. Exercise is cancelled. check
with your activity leader to see if
your activity is on.

**Wed., Feb.28th @ 1 pm Pot
Luck**

Featuring Mike Burns and his
guitar

**Wed., March 7th @ 1 pm
Meeting**

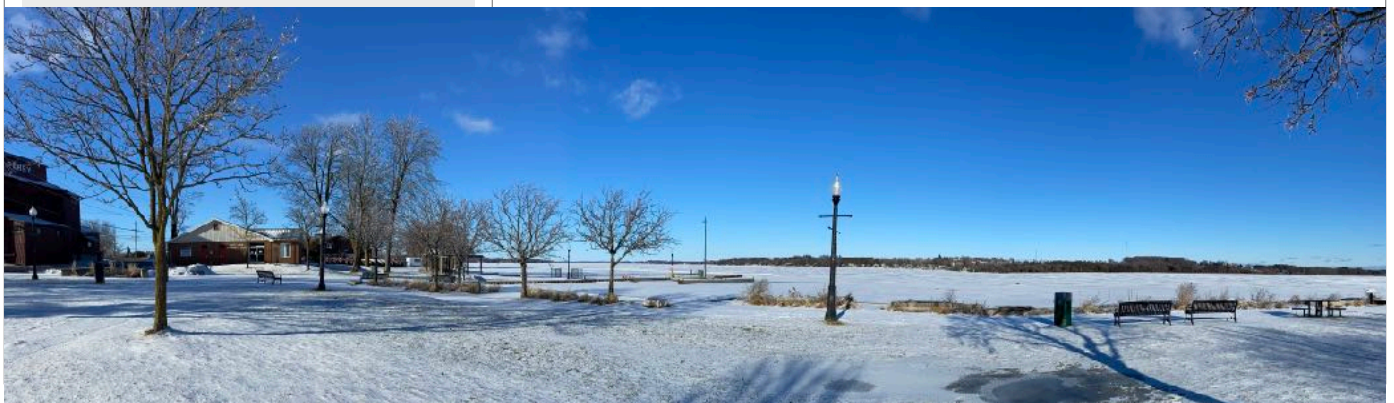
Our speaker is: Lianne Harris
Racioppo: "Amazing Women in
Canada's History"



Singer Daren Bailey and our Pat Chamberlain

President's Message

Christmas is over, we have rung in the new year, and find ourselves in the middle of winter. It is very appealing to curl up in front of the fire and hibernate until spring. February is not only the month for Valentine's day but is also heart health month. Our line dance sessions are full, many of the exercise classes are very busy, and members are getting back to all the activities at the Latcham Centre. We also need



Constitution/Bylaws

There are new guidelines for not for profit organizations in Ontario. They are in place to provide some consistency with the constitution & by-laws in place for each organization. A couple of members have worked extensively through research & seminars to update our constitution & by-laws. Copies of the proposed constitution & by-laws are available on the website and will be emailed to members. Printed copies will be available in the office. These will be voted on by the membership at the February 14th general meeting.

Trying out a hat at the potluck!

Pat and Crystal getting ready for our high tea.

to make sure we take time to enjoy activities geared to our creative side and things that are just fun. So instead of binge watching something on Netflix we have several special events lined up in addition to our regular activities.

There is a painting workshop that is full, and a gardening demonstration that is open to all members coming up in May. We will enjoy an afternoon tea March 6th. This event also filled up very quickly. Mexican train is cancelled for that afternoon and the office will close at 12:30pm that day.

We are introducing weekly 'meditation in motion' sessions coming up in March. More information may be found in the newsletter, and you will be able to register for this class during regular office hours. I am happy to see that our members are engaged in a variety of activities instead of hiding from winter like Wiarton Willie. Keep it up and let's all celebrate heart health month!

John Boustead



YOGA UPDATE

I have recovered and have begun teaching yoga again!

I wish to express my sincere gratitude to Penny Sandvold and Denise Tierney for covering the eight weeks of yoga classes while I was recovering from surgery. It was a huge commitment of time and energy preparing a class that all levels can connect with and feel successful. Your dedication and passion for teaching is truly appreciated by all the yoga participants at PPSC.

Thank you for your commitment and expertise.

Namaste

Diana Bent

PPSC



Shuffleboard

Monday: 1:00 to 3:30

Leader: Jeff Moore

Come out and enjoy an afternoon of fun and gentle exercise. Shuffleboard is played by pushing a disc with a long handled cue over a marked surface. It is easy to learn and all the equipment is provided.

Fun Fact: This popular game traces its origins back to the 15th century England where it was played in the court of King Henry VIII. Then it was called “shovelboard” due to its shovel-like sticks.





Who Likes Games?

Tuesday is a busy afternoon in the Latcham Centre with enthusiastic card and Mah-Jongg players. Join in on the fun.

**Euchre and Bid Euchre are on alternate Tuesdays 1 -4 pm
(Euchre costs \$2)**

Cribbage is on every Tuesday 1-4pm as is Mah-Jongg 1-3pm

50/50 tickets are available to buy

Don't worry if you do not know how to play the games, you will be taught by helpful, supportive leaders.

Euchre- Csaba Betsy and Ann Berube

Bid Euchre – Linda Lake and Lynn Tracey

Cribbage - Charlene Davis

Mah-Jongg - Dianne Wiseman

Fun Fact : Euchre is a popular, trick-taking card game that dates back to the 18th Century originating in England. It is ancestrally derived from an even older game called Ombre.

An artistic afternoon for PPSC members

Wednesday, February 21st is our BECOME AN ARTIST afternoon. Absolutely no talent required!!! The picture of the Lady in Red is what we'll be creating. (Photo attached)

Local artist 🎨 Debbie Cotton will take us step by step through our creation. You will surprise yourself when you see finished painting And you said you had no talent!

I speak from experience. This no talented person is very proud of how her artistic abilities came through with Debbie's guidance.

Cost to the Club \$40.00 p/p. Cost to members \$20.00 p/p subsidized through the Government of Canada's New Horizons for Seniors Program. Time: 1.00p.m. - approx 3.30p.m. Place: Latcham Centre Date: Wednesday, Feb. 21st.



Seating is very limited. Payment must be received no later than Feb.16th. You may pay by cash, cheque or e-transfer. Please include your membership number when paying. Don't delay, make your payment to secure your spot!

The Federal Government is hosting a by-election this year and will need Township facilities to host voting areas. Therefore the Latcham Centre will be closed for our activities on **Monday, March 4th.**

