

LATCHAM NEWS

"Nothing so needs reforming as other people's habits." - Mark Twain

Help us keep members informed!

If you're reading this you have a computer and the internet. Some of our members have neither. You could help by calling a member and spreading the news. There are about 20 members without tech, so if 20 of us volunteer we can just phone one person each month and we're done. Reach out! If you'd like to participate in this please contact Catherine Whittle.

(416) 906-1546 or
cwhittle2001@yahoo.ca

The dog on the right is Cosmo. And until someone sends me different photos you will be seeing a lot of him! -Ed.



President's Message

"Here we go again- another lockdown!" Latcham closed on Dec. 17th due to the steadily rising Covid variant Omicron cases. Shortly after that date the Township announced all their programs and rental buildings were closing down, that included the Latcham Centre. The township has been very fair with us during our rental contract. When we've been unable to use their premises they haven't charged us rent. This lockdown is



How to save your weekly exercise addresses...

We have been asked how to save these websites to make access easier. I put them in my calendar. When I'm entering the 'appointment' in my calendar, I copy the web address and paste in the 'location' box of my calendar entry. So instead of '110 Queen St' I'd add the web address. Further down on the entry it asks if I'd like to repeat the 'appointment', I just check on every week. Then 'save'. That should do it. Thereafter when your calendar shows 'Exercise' at 2 pm- you just click on the website address and your tablet/ computer should link right to the site. I use my iPad for this; I'm sure other brands work somewhat the same. The iPad also has a 'Notes' app. You could copy the entire page of addresses into the 'Notes' app and title it 'Exercises'. Then when you know it's time for your exercise class you can open the 'Notes' app and click on the appropriate web address. Maybe we'll have Kyle demo this in the near future.

R.B.

no different, they have given us a credit for the days we didn't use the hall in December and will not charge us rent until we're able to open up again. That will happen when it's deemed safe for our members to return to in person activities. Fortunately we can offer our members some activities to do online. Gentle and Intermediate exercises, guest speakers, presentations, executive and general meetings can all be held using online programs, mostly Zoom. Should you have any ideas on using zoom for an activity please send an email to portpsc101@gmail.com. You will find an article further in this newsletter regarding spending our grant dollars to do online activities. Stay strong, healthy and hang on tight to your sense of humour as we need these more than ever now!

Sincerely, Rita Hilker



Hi folks!

Since we are back in lock down the executive thought some of you may want to try our virtual activities. We have two different organizations offering these activities. Each one requires its own registration form for their own reporting, insurance, etc.

Novo Peak offers two intermediate exercise classes with Patricia on Mondays and Wednesdays, and a gentle exercise class with Nil on Tuesdays.

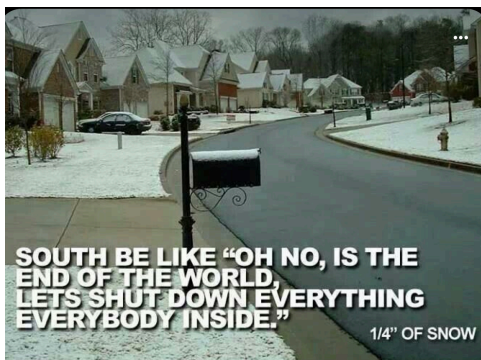
For an application form contact us at: portpsc101@gmail.com

Community Care provides the following activities for us:

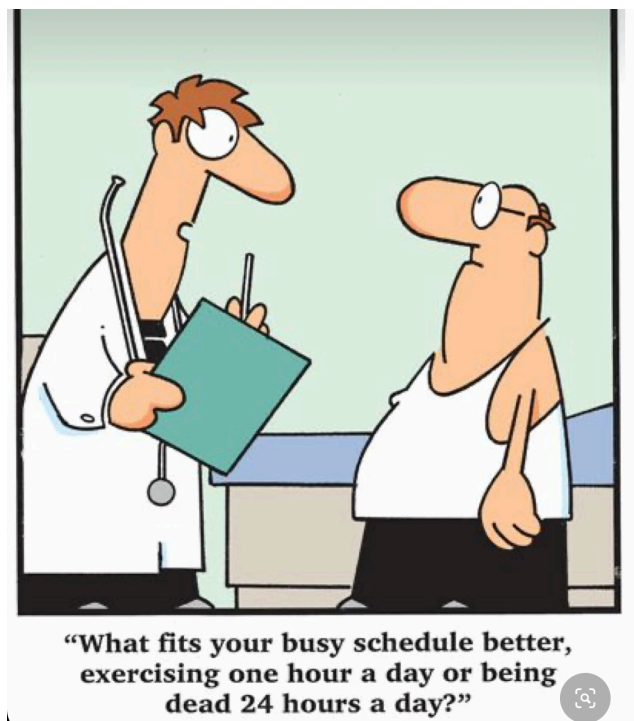
- Moving' and Groovin'
- Yoga
- Chair Yoga
- Virtual Walks with Lee

Please contact Lee directly for a registration form:

lmarrison@communitycaredurham.on.ca



portpsc101@gmail.com



(905) 982-2192

Well, elections will be upon us this spring! There are three positions up for grabs:

2nd Vice President, Treasurer, and Member-at-Large.

We already have a nominee for Treasurer, so now we're down to two positions. Start thinking about how much you love our club, and how you'd like to show that love by volunteering to be on the executive. There are very few actual duties for these positions: you don't have to write the newsletter or plan trips. If you'd like to do either of these things, you can volunteer to do them whether you're on the executive or not. If you are interested, you can even shadow the present member to see if the job's for you. We have a rotating executive; three positions get replaced one year and four positions get replaced the next. There will always be people there who know how things work so the transitions are smooth. Join us!

TECH TALK:

Some museums have virtual tours, how to be there without being there! Copy the address and paste it in your browser's address line, then visit!

The Smithsonian Natural History Tours

<https://naturalhistory.si.edu/visit/virtual-tour>

NASA's Langley Tour

<https://oh.larc.nasa.gov/oh/>

US National Air Force Museum

www.nationalmuseum.af.mil/Visit/Virtual-Tour/

History of Science, Oxford, UK

<https://www.hsm.ox.ac.uk/explore-galleries>

National Museum of Computing, UK

<https://www.tnmoc.org/3d-virtual-tour>

Museum of Science Boston: Virtual Exhibits

<https://www.mos.org/mos-at-home/virtual-exhibits>



Money, money, money!

As most of you know we procured a large grant from the Government of Canada's "New Horizons for Seniors Programs". The grant was to help us provide activities during COVID19, programs that would fight the isolation of lockdowns. The timeframe for our grant ends on March 31st. So we have under three months to spend the remainder of the grant money. Our president has requested an extension, which has been refused, for now. We will reapply later in March. However, and this is your part, we need ideas. The grant does have certain rules, we cannot, for example buy lunch for anyone, we can pay for a bus for a trip, or pay the admission fees for museums. We need suggestions for trips, presentations, online activities and speakers. Please send any ideas to:
portpsc101@gmail.com