

# LATCHAM NEWS

“Our life is March weather, savage and serene in one hour.”

— Ralph Waldo Emerson

## Upcoming:

**March 13th** Meeting with guests speaker: Lianne Harris Racioppo: Amazing Women in Canada’s History

**March 27th** Pot Luck Entertainment: Jessica Frangini-Salvo

**April 8th** Meeting with guest speaker: Lee Ann Slute: "Beyond the Move" downsizing and relocating

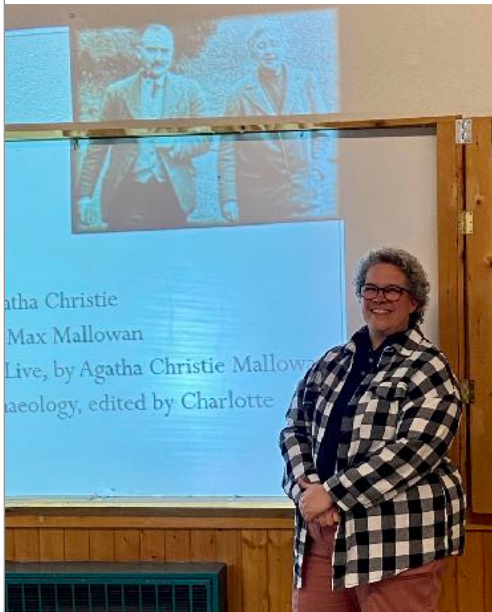


*Judy Anderson, Mike Hunt and Sue Mickelwright smile for the camera after Mike’s stellar performance.*

## President’s Message

I recently witnessed magic while leaving for a vacation. “We’re going on a cruise out of Tampa” was the magic phrase that transported us





**Amy Barron**

We loved Amy Barron’s presentation on “Agatha Christie and Archeology”. She is always thorough and interesting - and she adds a bit of the dirt!



through the airport on a plane to Tampa. Well ok there was a bit more to the story.....

We have signed up for the trusted traveler program and have our Nexus cards. So no need to take off our shoes, whistled through security, and approached U.S. customs. A quick face scan and we received a printed receipt. Then we answered the customs agent's single question with the magic phrase and we were on our way.

All this of course is powered by face recognition which is built partially on artificial intelligence (AI). We had the same sort of experience both returning from the ship & heading home. AI is playing an increasing role in our lives.

We have several great presenters and entertainers coming up with “Amazing women in Canada’s history on March 13th.”

We had a great vacation, but it is good to be back home. No need for AI to see how much everyone is enjoying all the activities at the club!

John Boustead



*Here are our local artists holding up their paintings; thanks to Debbie Cotton for her guidance and instruction. Lots of concentration was needed for these beauties.*

## Yoga and Chair Yoga

Come and enjoy an hour of gentle stretching and strengthening with our experienced instructor, Diana Bent. You will enjoy listening to her soothing voice as she guides you into proper yoga positions. She often reminds you to only do what you feel comfortable doing that day.

Regular Yoga : Tuesdays 8:30 to 9:30 and Thursday 9:30 to 10:30

Chair Yoga: Tuesday 9:30 to 10:30

Cost per session: \$ 3.00

Did You Know? There are many benefits to yoga:

1. Stronger muscles – Each pose is its own strength and endurance exercise.
2. More Flexibility and Mobility - As your muscles work, they also stretch and move through their full range of motion.
3. Better Posture and Alignment – Over time, you'll also develop better posture. And by working on your posture, you can do more than ease your back pain , you can actually improve your lung health.
4. Better Stress Management- Yoga teaches various breathing techniques that not only helps you hold poses but can help you deal with



The Little Yellow Duck Project is a UK-based international project started in 2014 to raise consciousness for the need of organ, stem cell, bone marrow, and blood donors and to encourage small random acts of kindness. Our crafters are bringing this initiative to Port Perry! Each duck has a tag encouraging the finder to go to the website and become a donor.



### Zumba with Carol Gray

Do you like moving to music? Zumba is the class for you. There is room for more Zoomers in Carol's Zumba. You do not need any special dance skills to succeed at Zumba. The choreography is repetitive and designed to be built upon, so most people will catch on to the moves as they go. Carol's class has a very fun vibe, the participants are upbeat and their enthusiasm for Zumba is definitely on display. All you need is your smile, comfortable clothes and shoes that allow you to move.

Time: Thursday 10:45 to 11:45

Cost: \$ 3.00

**Known Fact:** Zumba helps to improve cardiovascular fitness while also enhancing balance, co-ordination, agility, and to some degree, strength.

Zumba was officially founded in the United States in 2001 by Alberto "Beto" Perez, a Columbian dancer. Zumba is called such because of its similarity to the Cuban music genre rumba.



PPSC members savoured a delightful English Tea on March 6th at the cozy Piano Café. We wish to thank Christy and her impressive team for their warm hospitality. It was an unforgettable afternoon shared with friends. The hat contest categories and winners were:



Comical- Deb W., Creative- Mary P., Elegant- Crystal L., Best Theme- Rita H.