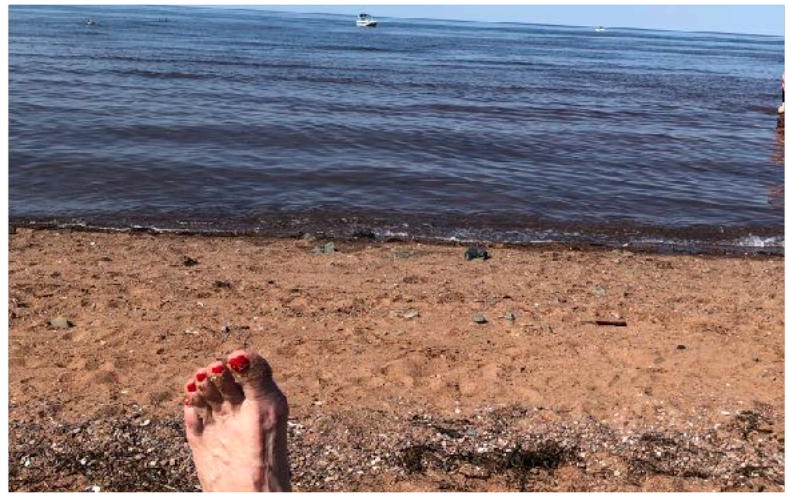


LATCHAM NEWS

Not all those who wander are lost. J.J.R. Tolkien



"How else would I keep my solar panels in the sun all day?"



Sept. Office Hours

Monday - Friday

9:30 - 1 pm

Fitness for Your Aging Brain

The club will be enrolling in a free program available to ALL Ontario Seniors. We will keep you updated!

President's Message

WELCOME BACK TO PORT PERRY SENIORS CLUB.

We will be "almost back to normal" in activities, fun and general meetings.

At one of our general meetings a motion was put forward to increase our dues to \$35.00 per Club year with a \$5.00 discount if paid before September 30th. This motion was voted on and accepted. All our activities are once again being looked after by member volunteers. When you fill in your activity sheet **please only mark off activities that you're actually going to attend.** We still have some number





"Yes, yes, yes, I miss you, too, honey. Now put the dog on."

General Meeting

Wed., Sept. 14 at 1 pm

Election Day is coming! We have invited our Mayor-Elect Wilma Wotten, and representatives for Ward 5 (the Latcham Centre's ward, and the only disputed ward) as guest speakers to our meeting. Come and let your questions and concerns be heard! Or come to see old friends. Or come for the coffee/tea and treats.

ZUMBA GOLD

Zumba is a Latin inspired aerobic exercise with lively music. Our new instructor, Carol Gray has been teaching Zumba for 11 years and will be introducing Zumba Gold. This type of Zumba is for the active Senior, it has a warm-up, balance, cooldown stretch and various other songs in between. It will be given on Thursdays from 10:45 -11:45 and will have a \$3 per class cost.

restrictions on activities and if you mark that you're going to attend a certain activity the office uses that mark as a number to put in for that particular activity. When the numbers reach their limit we'll then start a waiting list. **Activities are starting on different dates.** Make sure you look at the schedule in the newsletter.

I hope you're all as excited to get back to the Latcham Centre as I am. Should you have any suggestions or comments on how the future of the Club should be focused we're always willing to listen. You may have some ideas that the exec hasn't thought of. One thought was that we'd carry on with Pot Luck Dinners but in the months of January, February and March we would have Pot Luck Lunches. This would eliminate driving in the dark in those months by moving dinners to lunches.

Also, we will still have some speakers invited to our general meetings but we could also play bingo some of the months. Registration is open Mondays to Fridays 9:30 – 1:00 for the month of September only. Office hours will be posted at a later date for the remainder of the Club year.

Register and pay your membership either in person or online.

Payment can be made by cheque, cash or e-transfer.

Let's get back to having fun and fellowship!

Looking forward to seeing you again and welcoming new members who will soon become friends.

President Rita

Palmer Park Playground Redevelopment to Start in September

The project is part of the revitalization work identified in the Waterfront Action Plan. The new playground is expected to provide an accessible space to bring children and youth from the Township together in a safe, outdoor setting that will provide both physical and mental health benefits. The Township of Scugog is very grateful for funding from the Government of Canada, through the Canada Community Revitalization Fund, for making this project possible. The new playground will be nautically themed and include:

- Rubber play surface
- Junior Climber with accessible ramps and Rock'n Ship
- Senior Climber with 8' slide and monkey bars
- Quiet Grove
- Zipline
- 6 Swings

Activity start dates: 2022-2023

Mondays

Exercise Richard Simmons Sept. 13
Line dancing level 3 (Intermediate) Sept. 19
Intermediate Exercise Sept. 13
Shuffleboard Sept. 13

Tuesdays

Yoga Sept Sept. 13
Chair yoga Sept. 13
Gentle exercise Sept. 06
Euchre Sept. 13
Bid euchre Sept. 06
Cribbage Sept. 06
Mah Jonng Sept. 06

Wednesdays

Crafters Sept. 07
Woodcarving Sept. 07
Mexican Train Sept . 07

Thursdays

Yoga Sept. 15
Zumba TBA
Short Mat Bowls Oct. 06

Fridays

Exercise Richard Simmons Sept. 9
Line dancing Level 2 (Transitional) Sept. 23
Line dancing Level 1 (Beginners) Sept. 23

Join us for our first trip of the season!

\$15 for pizza and a flight of four 4 oz ciders

(Non-alcoholic cider, or sparkling beverages also available)

Friday, Sept 30th, 1-3 pm at Two Blokes Cider

12300 Simcoe St, Seagrave.

Money must be in by Friday, Sept. 23rd.



	Daily Activity	Time	Leader
MONDAYS			
<input type="checkbox"/>	Exercise with Richard Simmons	9:00 – 9:45	Gord Emmerson
<input type="checkbox"/>	Line Dancing (Level 3 - Intermediate)	10:00 – 11:15	Margaret Jamieson
<input type="checkbox"/>	Intermediate Exercise	11:30 – 12:30	Rita Hilker
<input type="checkbox"/>	Shuffleboard	1:00 – 3:30	Jeff Moore
TUESDAYS			
<input type="checkbox"/>	Yoga (\$3.00/class)	8:30 – 9:30	Diana Bent
<input type="checkbox"/>	Chair Yoga (\$3.00/class)	9:45 – 10:45	Diana Bent
<input type="checkbox"/>	Gentle Exercise	11:30 – 12:30	Judy Mitchell
<input type="checkbox"/>	Euchre (alternate Tuesdays)	1.00 – 4:00	Csaba Betsy & Ann Berube
<input type="checkbox"/>	Bid Euchre (alternate Tuesdays)	1.00 – 4:00	Linda Lake & Lyn Tracey
<input type="checkbox"/>	Cribbage	1.00 – 4:00	Bob Jones
<input type="checkbox"/>	Mah-Jongg	1.00 – 4:00	Dianne Wiseman
WEDNESDAYS			
<input type="checkbox"/>	Crafters	9:00 – 11:15	Judy Mitchell
<input type="checkbox"/>	Woodcarvers	8:00 – 11:15	Gord Emmerson
<input type="checkbox"/>	Intermediate Exercise	11:30-12:15	Rita Hilker
<input type="checkbox"/>	Mexican Train (1 st & 3 rd Weds)	1:00 – 4:00	Kathy Hoar
<input type="checkbox"/>	Monthly Meeting (2 nd Wed)	1:00 – 3:00	President
<input type="checkbox"/>	Pot Luck Dinner (4 th Wed)	1–3pm or 5–7pm	TBA
THURSDAYS			
<input type="checkbox"/>	Yoga (\$3.00/class)	9:30 – 10:30	Diana Bent
<input type="checkbox"/>	Zumba (\$3.00/class)	10:45 – 11:45	Carol Gray
<input type="checkbox"/>	Short Mat Bowls	12:30 – 4:00	Bob & Pat Rankin
<input type="checkbox"/>	Tech Support (by appointment)	1:00 – 3:00	Rita Barrell (apple) & Fred Jennings (android)
FRIDAYS			
<input type="checkbox"/>	Exercise with Richard Simmons	9:00 – 9:45	Gord Emmerson
<input type="checkbox"/>	Line Dancing (Level 2 - Transitional)	10:00 – 11:15	Margaret Jamieson
<input type="checkbox"/>	Line Dancing (Level 1 - Beginners)	11:30 – 12:15	Sylvia Wolf