

# LATCHAM NEWS

The focus on my appearance has really surprised me. I've always been a size 14 to 16, I don't care about clothes, I'd rather spend my money on cigarettes and booze.  
- Adele

## Chair Yoga



There is room for a few more members in the chair yoga class.

Please contact Diana, so she can explain a little about the class, tell you what to bring and remind you of the restrictions at the Latcham Centre.

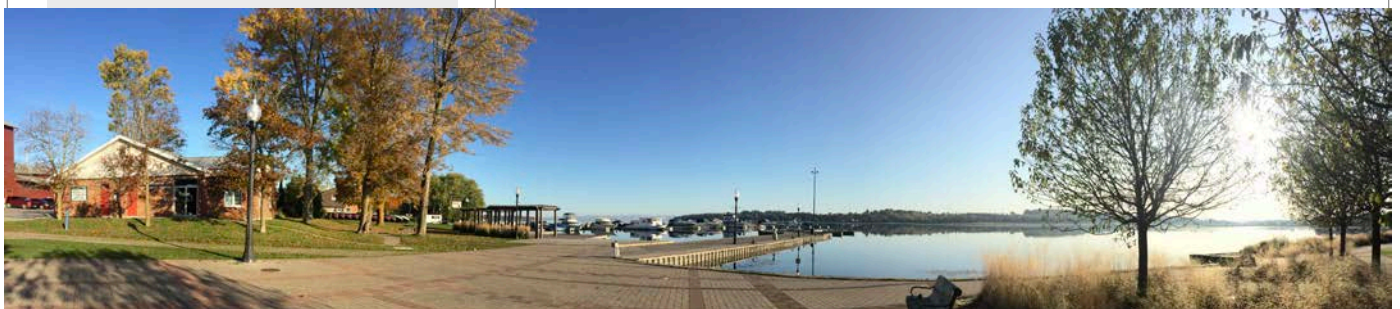
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## A denizen of Haute Goat Farm



## President's Message

September and October have been incredibly busy months for your executive and the leaders of activities. We've, each of us, had to set up regulations for in person activities and adhere to rules set out by the Ontario government and the Durham Health department. The provincial government made some recent changes to numbers that were allowed for inside sports and recreation activities, however, that means no change in





**Thank you!**

Thank-you to the members who have been busy knitting and crocheting squares, lap blankets, hats for cancer patients and baby hats. They were delivered to the LINH hospitals through Oshawa General Hospital. They were really appreciated!



Coming up on Nov.10th at 10 a.m. on Zoom- Kevin Donovan talks about his new book on the Honey and Barry Sherman murders- Billionaire Murders. If you need help getting on Zoom, contact us soonish, as the 10th is this Wednesday.

our present capacity at the Latcham Centre. Why? We have to still adhere to the 2 metre (6 feet) separation between members. Our capacity number still remains at 25.

Leaders of activities have put in many extra hours setting up your favourite activities for you to enjoy. Members have also been very helpful by volunteering to check memberships, wipe down equipment and make sure windows, lights, doors etc. are closed/off when their activity is over.

We have already been subjected to a visit from the Township to ensure we are following all guidelines. We passed inspection. The Township now places a surcharge when any of their properties are rented. Their legal department also needed us (President) to sign a legal document stating that we follow, and will continue to do so, all Covid regulations. By signing this legal document they have forgiven any surcharge to the Port Perry Seniors Club.

It's been a great few weeks seeing members back and having fun.

Thank you for your understanding and following the rules we've had to put in place.

We are all hoping that in the new year we'll be allowed to open the rest of our activities and get back to 100% capacity.

Stay positive, be happy and enjoy what activities you can on zoom and in person.

**COVID 19 Booster Shot Update** Durham has opened up booster shots, you can make an appointment by calling 1.888 [444 5113](tel:18884445113). It has to be 168 days since your second shot. I think they are starting with people who are over 70 or have had the AstraZeneca shots. For further information about who is eligible and when, try:

<https://www.thestar.com/politics/provincial/2021/11/03/ontario-expands-covid-19-booster-shots-to-275-million-residents.html>

## Kilometres for Community Care Durham

Thank you for your hard work raising funds and awareness for services offered by **Community Care Durham**! Every kilometre you moved has made a difference. With your support, the event has already raised awareness and more than **\$35,000** to continue to allow CCD to provide vital services to clients throughout Durham Region, such as **Meals on Wheels, COPE Mental Health Program, Community Food Box** and so much more. We are excited to see that number grow as we continue to tally the funds raised.

We look forward to next year's event where we can continue virtual activities, but come together as a community to support and strengthen Durham Region as a place to live with health and wellness. At **Community Care Durham**, we assist our clients with services that support their independence, health and quality of life. In doing so, we help them remain in their own homes – where they want to be. Thanks to fundraising efforts of Kilometres for CCD, we can keep these services accessible. Consider the impact our Community Food Box program has on Kathy: "I am 93 years old and I live on my own... The Community Food Box is my main means of getting essentials. My children live a couple hours away so it also gives them peace of mind that I have groceries." Community Food Box. \$35.

<https://www.communitycaredurham.on.ca/services/community-food-box/>



Flu shots are available in Port. Regular and enhanced. Make your appointment.

### 2 to 64 years old

- doctor or nurse practitioner
- [some local public health units](#)
- participating pharmacies

If you're **65 and older**, there are three different flu shots available:

- The standard-dose vaccine protects against four strains of flu virus
- The adjuvanted vaccine protects against three strains of flu virus and contains an adjuvant (a substance added to a vaccine that helps the recipient develop an improved immune response).

- The high-dose vaccine, (also called "Fluzone® HighDose Quadrivalent") protects against four strains of flu virus, but in higher doses.

All three flu vaccines are safe, effective and offer strong protection to seniors. Talk to your doctor, nurse practitioner, pharmacist or public health unit about which option is best for you. To get any of the standard dose, the adjuvanted or the high dose:

- visit a doctor or nurse practitioner
- contact your [local public health unit](#)
- visit a participating pharmacy



## New on the Crafting Front

The Crafters have started a new project! Card making! The group meets on Wednesday mornings 9-11.



**The Crafters** have also made the following donations;

-Hats, scarves and slippers to Denise House.

-Hats and scarves to The Settlement House to be distributed to people living in tents.

-Baby blankets and sweater sets to the Catholic church baby drive in Port Perry

-Washcloths and kitchen knits to Camile's Closet

All were delighted to get these items and thanked the club profusely!