

LATCHAM NEWS

It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt. - Mark Twain

Knitters!



Any member who has made items to be donated to area hospitals please email the club at portpsc101@gmail.com in order that I can set up a time and place to accept your donation. I'm planning on giving them to the hospitals the latter part of October. Thank you for your time and talent!

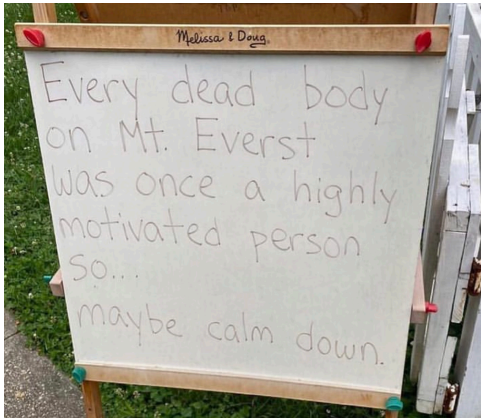
We're back! Sort of...



President's Message

We have reopened some "in-person activities"! We have to maintain all Covid restrictions. In September we had Intermediate exercise start their "in person" classes. In October we're hoping to start gentle exercise and exercise with video. Short mat bowls has also given a start date of October, along with Yoga. Next starting in October is intermediate line dancing. It'll be a busy October! Leaders of other activities will be in touch with





ROTARY SENIORS CHRISTMAS DINNER

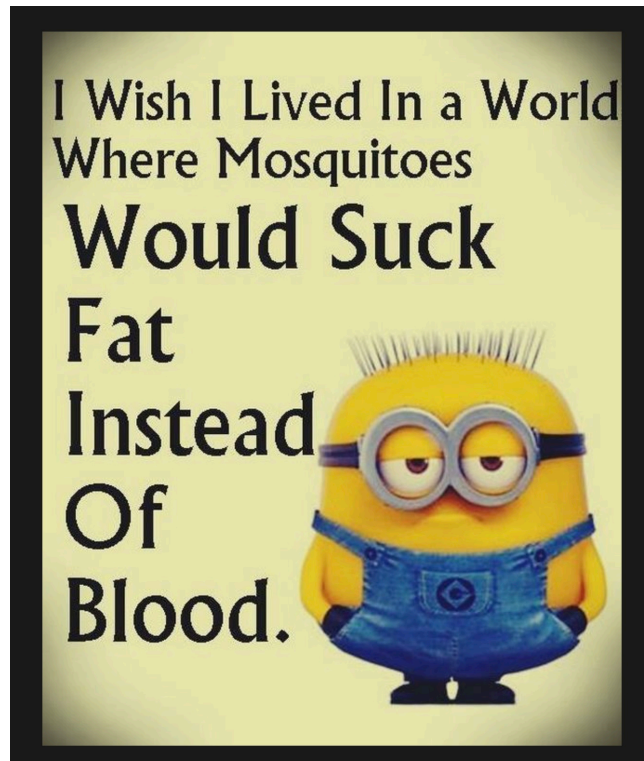
On November 24, 2021, the Rotary Club of Port Perry will be providing and delivering a Christmas dinner with all the trimmings, including dessert, to local seniors who live alone (either in their own home or apartment). If you would like to receive a dinner, please contact Community Care at [908-985-8461](tel:908-985-8461). They will be able to provide more information. Please call ASAP as numbers will be limited.

members when they can safely open. Please remember that you **MUST** show your membership card each time you enter the Latcham Centre. **NO CARD, NO ENTRY, NO EXCEPTIONS.** This is to protect each other.

Executive and General meetings will be held through Zoom for the foreseeable future. We are planning on also bringing you exciting speakers who will also use Zoom. Our first general meeting with guest speaker Amy Barron, who has come highly recommended, will be held on **Wednesday, October 13 at 10a.m.** **Mark your calendar for a zoom date**

If you would like to hear what's going on in your club, now and what is proposed for the future, you need to put the zoom app on your computer, laptop or tablet. It's no charge to you and we can help you download it. For zoom help on Samsung and other brands send an email to member Fred Jennings at fjennin@gmail.com. And for Apple products get in touch with Rita Barrell at rgaia0065@gmail.com.

Hope to see you soon on Zoom.
Rita Hilker, President



Exercise Classes

In late September, on-line exercise classes that some of the Port Perry Seniors Club members have been enjoying during the pandemic, have moved back to in-person instruction. Starting on September 22nd, Community Care Durham began hosting exercise classes Monday's and Wednesdays (11:30 a.m. to 12:30 p.m) from our very own Latcham Centre. For those of you who would prefer to continue virtual exercise classes, C.C.D. will continue to make available a variety of on-line exercise options. All classes, either virtual or in-person, will remain FREE to Older Adults (50 +) living within the community.

If you want to learn more about virtual classes, please visit CCD's website at:

<https://www.communitycaredurham.on.ca/services/exercise-falls-prevention-classes/>

You will need a waiver form to join these exercise programs. The waiver form is a fillable PDF, and can be done on your computer and e-mailed to Lee Marrison. The other option would be to print it up, take a picture and forward this picture to Lee via e-mail. Whichever is easiest.

For more information about either option, please contact:

Lee Marrison

(Coordinator of the Exercise and Falls Prevention Program).

(905) 697-4408.

<https://www.communitycaredurham.on.ca>



STORY OF THE PHANTOM - Small white rocks with the words "The Phantom", painted in black, began showing up in the summer of 1986. The first one showed up at Bill Barr's Stedman's store. Jim Grieve found one in front of the IGA store and others were at the front doors of Luke's Country Store, Emmerson Insurance, Port Perry Star and more. Then the Phantom went silent for 20 years, until he/she dropped off a letter with a \$100 donation to purchase a brick for the Scugog Arena expansion in November 2006. The Phantom has not been heard of since. To my knowledge there was only one large Phantom rock, which was found in front of the post office - all the others were fist-sized rocks.

Picture is of the late Bill "Birdhouse Willy" Barr with a couple of The Phantom rocks he found at his store during 1986. These rocks started showing up again this year, 2021.

Message to All Yoga Students

PLEASE NOTE: THERE ARE NO DROP IN YOGA CLASSES

All class sizes are limited due to Covid Restrictions

Yoga classes start Tuesday, October 5 in the Latcham Center

Both Regular Yoga Classes are full (Tuesday at 8:30, Thursday at 9:30)

You should have received a call from Diana informing you of the day you can attend yoga.

There is a wait list for yoga.

There will be openings if someone decides they will be away or change their mind about the activity or if the restrictions change

If you would like to take part if someone cancels out for a day, and you don't mind coming on short notice, please let me know. And please make sure I have the proper contact information.

Wear a sweater as the windows will be open and the fans will be on.

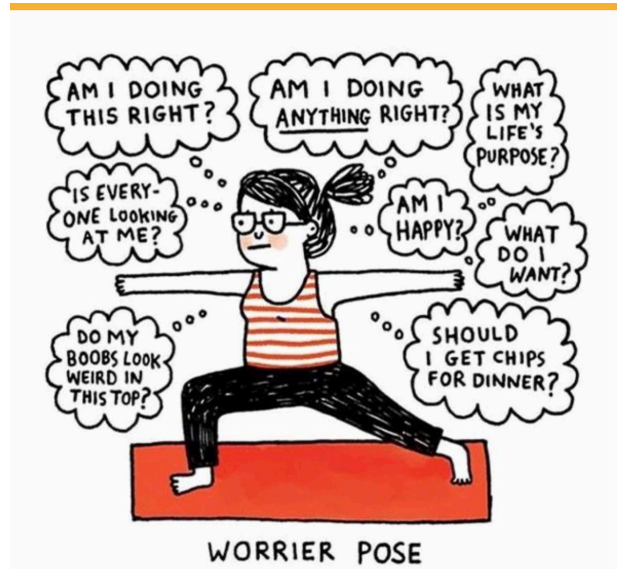
Wear your mask into the centre. When class starts we can remove them if everyone agrees.

Things to bring to yoga class;

Yoga Mat, Yoga Strap, Yoga Block (preferably two), Blanket, water, eye pillow (optional)

I am looking forward to seeing all of you. Namaste,
905-985-3692

Diana
diana.m.bent@gmail.com



Amy Barron- our next Zoom speaker.

Female Archeologists in the Middle East

Wednesday, Oct. 13th @ 10 am

Need help getting on Zoom? Call the office for a quick tutorial.

Shirlie Van Putten has arranged the following two outings. If you are interested in either, please contact her directly.

Tour to **WINDSOR & POINT PELEE**

Come and join your Friends from Pickering & Ajax for a three day/two-night experience.
in the most southern part of Canada

October 18th to 20th, 2021

Your tour includes:

- Two-night stay at the beautiful **Best Western Hotel Plus** on the waterfront in Windsor.
- **VIEWPOINTE WINERY** - Southwestern Ontario, the heart of Canada's oldest wine-growing region, Viewpointe has grown from a vision into a destination winery nestled on the North Shore of Lake Erie. Lunch included!
- **THE BISTRO ON THE RIVER** – Dinner on Day 1 included.
- **RUM RUNNERS TOUR** – If you think you know the story of Prohibition – **THINK AGAIN!!** Tour includes lunch at a “speakeasy” and a tour of Windsor’s waterfront to learn about the “bootlegging” and the ingenious methods used to smuggle the liquor across the river in the dead of night.
- **VISIT TO POINT PELEE PARK** - Point Pelee National Park is a national park in Essex County in southwestern Ontario, where it extends into Lake Erie. The word pelée is French for 'bald'. Point Pelee consists of a peninsula of land, mainly of marsh and woodland habitats, that tapers to a sharp point as it extends into Lake Erie. You can walk the Boardwalk OR take a round trip shuttle ride (one hour) to The Tip.
- **WINDSOR RIVER CRUISE** -The Macassa Bay Cruiser welcomes visitors aboard for dinner and a Cruise along the St. Clair River.

**During these times, please check with your insurance provider for
cancellation or trip interruption insurance.**

PICK-UP: AT WAL-MART IN AJAX

COST \$619 + hst (\$80.47) = \$699.47

Please contact: Shirlie van Putten at 905-619-8583

or email: shirlie@hnatravels.com

Tour organized by: [HNA Travels - Heatherington & Associates](#)

TOUR AND EVENT PLANNERS

219086 Ontario Inc. 55 Holitman Drive, Ottawa, K2J 2K1

1-877-672-3030 or 613-843-9900 www.hnatravels.com TICO #50017223

Trip to St. Jacobs



THURSDAY, NOVEMBER 25, 2021

Kick off your holiday shopping season with in-store sales, draw prizes, festive food sampling and lots of holiday charm. Visit the Farmers Market, Picard's Peanuts and the Village Holiday Open House.

Your Tour Includes:

- Return transportation by luxury Coach
- Dinner at the Jacob's Grill
- Visit to Farmer's Market
- Visit to Picard's peanuts

Depart Pickering Recreation Centre 10:00am and return at 8:30pm (approx)

COST - \$120.00

