



SENIOR CENTRE QUARTER REPORT

PERIOD: January - March

YEAR: 2024

RECOMMENDATION:

THAT the Lions Senior Centre 1st Quarter Report be received for information.

ACTIVITIES:

STATISTICS

- (A) Membership for 2024 so far– 520
 - (B) Membership for 2023 - 485
 - (C) Membership for 2022 – 455
 - (D) Memberships for 2021 - 358
- Sign-ins for January, February and March includes in-person seniors' programs – 9,541 – Sign-ins do not include Zoom or WOW programs.**

WOW, ZOOM and IN-PERSON PROGRAMS

- Acrylic Painting Lessons – 3-week painting sessions in Thorndale and Dorchester with local artist Susan Hewitt Graham.
- Advisory Committee Meeting: Our next meeting is scheduled for April 26 at 9 a.m. in meeting room #1 at the Thorndale Lions Community Centre.
- Armchair Travel & Robbie Burns Tea – there were over 60 people in attendance at this event that was held in the daycare. Two world travelers power point presentation about their history rich trip to Scotland. We prepared and served a traditional afternoon tea including trays of finger sandwiches, dainty cakes, scones and of course pots of tea. Very popular luncheon.
- “Art Your Service” – Senior Centre is subscribing to this service so our members can access virtual programs that augment what we are already offering. There are a variety of programs available including exercise, art, socials etc. There are 65 members taking advantage of these virtual programs.
- Bid Euchre Tournaments – Hosting all-day tournaments in months with 5 Fridays. Lunch is included at these events. Great fund raisers for the Senior Centre. We ran a tourney on March 22 with 92 participants. The next tournament will be on May 31.

- BINGO WOW Program – Running a BINGO once a week using the teleconferencing system. No prizes. Just for fun & bragging rights. BINGO cards delivered to senior's homes. An average of 5 – 10 participants weekly. Many isolated seniors have been taking part, so we plan to continue this program.
- Book Club Program – running a book club once a month.
- Books & Puzzles – many seniors drop by the office to pick from our selection of donated books & puzzles, especially during the winter months.
- Bus Trips – The bus trips have been very popular. Upcoming trips include: “Caesars Windsor Casino”, “Spring Mystery Tour”, “Royal Botanical Garden & IKEA”, “Beehive – The 60s Musical”, “Blue Jays vs Astros”, “Spring Mystery Tour”, “Shane Cook and the Woodchippers – Walters Family Music Venue”, and “Birch Run/Frankenmuth.” Trips in the planning: Cowbell Brewery & Blyth Festival Theatre, Fall Colours Tour, Oktoberfest and Christmas Show.
- Carpet Bowling – trying to revive this program.
- Ceramic Classes with Susan Deibler are held a few times each month.
- Chair Yoga – offering as a WOW (Senior Centre Without Walls) over teleconferencing system once a week with 8 - 15 participating regularly. In-person classes run twice a week in Dorchester and twice a week in Thorndale.
- Choir Practice – taking place in the old Daycare room.
- Coffee Hour for Men/Women – every Wednesday in Thorndale from 10 a.m. – 11 a.m. Successful program with 15 – 20 participants in each group. They enjoy coffee/tea, conversation, and homemade baked goods. These are two separate groups, for men and women, running simultaneously.
- Computer Lessons – instructor offering help with technology to seniors, in their own homes, so they can stay connected with family on Skype, Zoom etc.
- Craft Workshops – a group of volunteers gathers every other month to make table favours for the hot meal.
- Crafter's Corner – Once a month workshop. At the workshop in January the craft “Love/Luck Wooden Sign” was cancelled due to lack of interest and in February the group painted a “Love you a Latte” picture.
- Creative Age Art Group – This group are doing an 8-week session on exploring the canvas. They are also continuing the very successful monthly “Wig Making” sessions to provide wigs to children fighting cancer.
- DrumFit Classes – every Wednesday with 15 - 20 participants.
- Foot Care Clinics – monthly clinics attract many seniors who appreciate this local service offered in Dorchester.
- Euchre/Bid Euchre – bid euchre group play cards Thursday evenings and the group in Thorndale play euchre on Tuesday afternoons. The 433 Donnybrook Seniors Euchre group play Thursday afternoons.
- Fallsview Casino bus trip to Niagara Falls on February 20 was a great day out for the seniors.

Senior Centre 2024 Q1 Report

April 15, 2024

- Farewell Luncheon for Kayla – We gathered on March 25 to bid Kayla well as she was about to begin her maternity leave. She did a wonderful job of training her temporary replacement, Lucinda.
- Fire Services Talk – Men’s and Women’s Coffee Hour in Thorndale joined together to listen to Fire Chief Nick Dorken speak about fire services in Thames Centre. There were approximately 40 in attendance.
- Funeral Planning Education Session – held on March 12 was a great success. Speaker Keith Gillespie told everyone about the option of purchasing cost-effective alternatives when planning a commemorative event for a loved one. Tammy Butt was at the seminar to answer questions specifically about Dorchester Union Cemetery. There were 38 people in attendance.
- Gentle Yoga – held at the Dorchester Library on Tuesdays and in Thorndale on Mondays & Thursdays at the Thorndale Lions Community Centre.
- Guitar Lessons – every Wednesday in the Blueline room.
- Kite Flyers – in-person in the Dorchester gym.
- Kurling – every Tuesday afternoon in the Blueline room and is well attended. Offering this program in Thorndale but have not had success lately.
- Hot Meals – in-person/dine-in hot meals will be held in Thorndale during construction of the new facility. Offering take-out meals in Dorchester and Thorndale.
- Irish Kitchen Party bus trip to Bingeman’s in Kitchener on March 15 sold out in no time and it was a very much enjoyed excursion.
- Line Dancing – once a week in Dorchester attend by 15 plus and in Thorndale it is a smaller group.
- Meditation/Breathing – offered as a WOW program (over-the-phone) It’s a blend of Yoga, Tai Chi, meditation, and breathing.
- Mahjong Lessons – Every Wednesday morning Lawrence teaches participants how to play this fun and challenging game. This program has developed into “Coffee and Mahjong Social” where everyone takes turns bringing in a snack for the group to enjoy at break time. New participants join on a regular basis and eventually this will be a drop-in program for folks to come and play Mahjong with other enthusiasts.
- Movie Afternoons – Feature presentation in January was “Mafia Mamma” and “The Grand Seduction” in February and on March 26 the movie was “Queen Bees”.
- DanceFit – offered twice a week in Dorchester and very well received.
- Pickleball for Seniors – The Thorndale and Dorchester time slots, in the gyms, for Seniors Pickleball are very well attended. The Dorchester group has over 40 people for 4 courts.
- Pilates – in-person twice a week in Dorchester. On Tuesdays in the Daycare room and on Thursdays at the Fair Grounds.
- Pole Walking – using outdoor and indoor track.
- Senior Game Days – January 5 and February 2 in the daycare. Pinball and board games. Soup and bread served.

- Shuffleboard – offered twice a week in Dorchester and once a week in Thorndale.
- Stitch and Chatter – meet every Monday in the old Daycare room.
- St. Patrick’s Hot Meal – over 120 attended this festive event with Gord Bell entertaining with his lively music.
- Tech Help with Dan Parker – In-Person sessions in Dorchester and Thorndale. Week 1: General instruction on how to operate your Apple/Android devices, Week 2: Facebook - Setting up an account, Week 3: Social Gaming and Apps, Week 4: Shopping and Banking Online, Week 5: Cyber Security.
- Valentine Hot Meal – roast beef luncheon attended by over 150 people with musical entertainment by Deb and Fred.
- Women’s Drumming Circle – 1st & 3rd Thursday afternoon of every month at the fairgrounds.
- Zumba – 15 - 20 ladies participate every Friday in the gym.

RENTALS AT THE SENIOR CENTRE

No Senior Centre space available to rent at this time, due to the ongoing renovation.

UPCOMING BUS TRIPS

- “Spring Mystery Tour” – May 22nd – 3 seats left
- “Royal Botanical Gardens & IKEA” – June 12th
- “Beehive – The 60’s Musical” – June 18th – 2 seats left
- “Blue Jays vs Huston Astros” – July 4th – SOLD OUT
- “Shane Cook and the Woodchippers” – September 10th
- Frankenmuth & Birch Run – November 19th

SENIOR CENTRE RENOVATION/EXPANSION

Things are going well in our temporary digs, and we are offering all our regular programs, events, bus trips and services as well as adding new activities to our roster. Our program spaces include the Blueline Room, Art Studio, Gym, Board Room, Arena Lobby, Dorchester & Thorndale Library, Dorchester Fairgrounds, Daycare Room, and Thorndale Community Centre. We are looking forward to moving into our new and improved Senior Centre.

SENIOR CENTRE ASSISTANT COVERING MATERNITY LEAVE

We are very happy to have Lucinda Heuvig as part of our team at Thames Centre. She will be covering Kayla’s maternity leave for the next 18 months. There was enough time for Kayla to train Lucinda before her last day at work. Lucinda fits in well and is a quick study. She has mastered everything on the computer, she is getting to know the members of the Senior Centre and she is

Senior Centre 2024 Q1 Report

April 15, 2024

learning about all the activities we offer. Looking forward to setting up the new Senior Centre with Lucinda this summer!

Prepared by: Karen Gress, Senior Centre Co-ordinator

Reviewed by: Steve MacDonald, Director of Community Services & Facilities

Reviewed by: David Barrick, Chief Administrative Officer