



MUNICIPALITY OF THAMES CENTRE

REPORT NO. CSF – Lions Senior Centre Report – Q2 2024

TO: Mayor and Members of Council

FROM: Senior Centre Coordinator

MEETING DATE: July 15, 2024

SUBJECT: Lions Senior Centre Quarterly Report – 2nd Quarter 2024

RECOMMENDATION:

THAT the Report “Lions Senior Centre Quarterly Report – 2nd Quarter 2024” **BE RECEIVED** for information.

PURPOSE:

To provide Council with a summary of activities and events from the Senior Centre for the past three months.

COMMENTS:

1. STATISTICS

- (A) **Membership for 2024 so far– 525**
 - (B) **Membership for 2023 - 485**
 - (C) **Membership for 2022 – 455**
 - (D) **Memberships for 2021 - 358**
- Sign in April, May and June includes in-person seniors’ programs – 9,681** – Sign-ins do not include Zoom or WOW programs.

2. WOW, ZOOM and IN-PERSON PROGRAMS

- Acrylic Painting Lessons – 3-week painting sessions in Thorndale and Dorchester with local artist Susan Hewitt Graham. Will resume in the fall.
- Advisory Board Meeting: Our next meeting is scheduled for July 19 at 9 a.m. at the FlightExec Centre.
- Armchair Travel Log Island Adventures: The Galapagos and Haida Gwaii, June 4th with Barb & Holly. There were 12 people in attendance.
- “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 May 31 with 72 participants.
- 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 out a selection of books & puzzles, especially during the winter months.
- Bus Trips – The bus trips have been very popular. “Spring Mystery Tour”, “Beehive – The 60’s Musical” and “Blue Jays vs Huston Astros” were very well received. Upcoming trips include: “Duc d’ Orleans Boat Cruise”, “Shane Cook and the Woodchippers” – Walters Family Music Venu”, Birch Run/Frankenmuth, Fall Colours Mystery Tour, and “Merry & Bright” Christmas Show.
- Carpet Bowling – trying to revive this program.
- Ceramic Classes with Susan Deibler are held a few times each month. Will resume in the fall.
- Chainmail Jewelry Making – ran a 3-week series that went over well.
- Chair Yoga – offering as a WOW (Senior Centre Without Wall) 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 – practices resume in the fall.
- Coffee Hour for Men/Women – every Wednesday in Thorndale from 10 a.m. – 11 a.m. Will resume in the fall.
- Craft Workshops – a group of volunteers gathered every other month to make table favours for the hot meal.
- Crafter’s Corner – Once a month workshop. At the workshop in March the group painted a “Sunflower Fields” Painting, in April the group painted rocks to look like ladybugs and bees to make a tic-tac-toe board and in June the group made string art flower vases. This program will resume in the fall.
- Creative Age Art Group – Will resume in the fall.
- DrumFit Classes – Will resume in the fall.
- “Eats & Beats” fundraising dinner – this was a successful event raising money for the renovation project. The meal, entertainment and silent auction were well received.
- Foot Care Clinics – monthly clinics will end after the clinic in October. The nurses are retiring. Looking into finding another group of nurses who are interested in continuing this excellent service for seniors.
- Euchre/Bid Euchre – bid euchre group play cards Wednesday evenings and the group in Thorndale play euchre on Tuesday afternoons. The 433 Donnybrook Seniors Euchre group play Thursday afternoons.

- Fondant Decoration Making – one day session that was well attended.
- Garage Sale – vendors and Senior Centre tables as well as a BBQ that raised funds for the Senior Centre.
- Gentle Yoga – during the months of July & August these classes are held at the Thorndale Library on Thursdays and in Dorchester on Mondays & Thursdays in the daycare room.
- Guitar Lessons – Will resume in the fall.
- Kite Flyers – during July & August this program takes place on the North ice pad.
- Kurling – Will resume in the fall.
- 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. In April we had an Easter dinner and in May we had a spring bbq.
- Line Dancing – once a week in Dorchester attend by 15 plus and in Thorndale it is a smaller group. The group joined together to perform at the Dorchester Terrace and at the Eats & Beats dinner. This program will resume in the fall.
- Meditation/Breathing – May resume in the fall.
- Mahjong Lessons – For the months of July & August there will be drop-in Mahjong every Wednesday morning for experienced players and lessons for beginners will resume in the fall.
- Movie Afternoons – Feature presentation in April was “Here Today” and “Going in Style” in May and in March the movie was “The Great Outdoors”.
- DanceFit – Will resume in the fall.
- Pickleball for Seniors – The Thorndale and Dorchester time slots, in the gyms, for Seniors Pickleball are very well attended.
- Pilates – in-person once a week in the summer months in Dorchester.
- Pole Walking – Will resume in the fall.
- Shuffleboard – Will resume in the fall.
- Stitch and Chatter – meet every Monday in the old Daycare room.
- Tech Help with Dan Parker – Will resume in the fall.
- Volunteer Appreciation Tea – honoured 60 volunteers who dedicate countless hours to help run events and programs at the Senior Centre.
- Women’s Drumming Circle – Will resume in the fall.
- Zumba – Will resume in the fall.

3. RENTALS AT THE SENIOR CENTRE

No rentals booked due to expansion.

4. UPCOMING BUS TRIPS

- Duc d’ Orleans Boat Cruise – August 27th
- “Shane Cook and the Woodchippers” – September 10th
- Frankenmuth & Birch Run – November 19th

- Fall Colours Mystery Tour – October 17th
- “Merry & Bright” Christmas Show – December 10th

5. UPCOMING EVENTS

- Beef BBQ – July 18th
- Movie Afternoon “One Love” – July 20th
- Corn Fest – August 15th
- Movie Afternoon “Ordinary Angels” – August 20th

6. SENIOR CENTRE RENOVATION/EXPANSION

We are very excited to have a tentative date of August 9th to move into the new and improved Lions Senior Centre – soon to be called Lions Active Living Centre. MCI has done a great job! The new addition is amazing!

STRATEGIC PLAN LINK

Pillar: *Active Living*

Goal: *Increase the accessibility and programing of recreational services, especially to community youth and seniors*

Prepared by: Karen Gress, Senior Centre Coordinator

Reviewed by: D. Barrick, Chief Administrative Officer