



SENIORS CENTRE

4th QUARTER REPORT

PERIOD: October - December

YEAR: 2023

RECOMMENDATION:

THAT the Lions Senior Centre's 2023 4th Quarter Report be received for information.

ACTIVITIES:

1. STATISTICS

(A) Membership for 2024 so far– 244

(B) Membership for 2023 - 485

(C) Membership for 2022 – 455

(D) Memberships for 2021 - 358

Sign in October, November and December includes in-person seniors' programs – 7,526 – 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.
- Advance Care Planning Seminar with End-of-Life Dula on October 11 was very well received with 30 seniors in attendance. Planning a seminar to be held in the spring.
- Advisory Committee Meeting: Our next meeting is scheduled for January 19 at 9 a.m. in the boardroom at the FlightExec Centre.
- “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 60 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. Next tourney will be held on March 22 due to Good Friday on March 29.

- 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 well received. The seniors are excited to be back to traveling. Upcoming trips include: Fallsview Casino, Irish Kitchen Party, and “Shane Cook and the Woodchippers” – Walters Family Music Venue. Trips in the planning: Spring Mystery Tour, Garden Visit, Duc D' Orleans Boat Cruise, Wicked in Toronto, Summer Theatre Shows, Blue Jays Game, Birch Run/Frankenmuth, Sight Seeing Excursion, Butterfly Conservatory, Apple Tour, Oktoberfest for Seniors, Fall Colours Tour, Christmas Show and much more...
- 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 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. We now have two instructors leading the classes. One of them teaches the WOW program and the other teaches the in-person classes.
- Choir Practice – taking place in the old Daycare room.
- Christmas Hot Meal – excellent attendance in-person and takeouts. Over 200 meals were served.
- Coffee Hour for Men/Women – every Wednesday in Thorndale from 10 a.m. – 11 a.m. Successful program with 12 – 15 participants in each group. They enjoy coffee/tea, conversation, and homemade baked goods. These are two separate groups, 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 gathered every other month to make table favours for the hot meal.
- Crafter's Corner – Once a month workshop. At the workshop in November the group made “Porch Pots” and in December they painted a “Christmas Tree” picture.
- Creative Age Art Group – This group are doing an 8-week session on creating collages via zoom. They are also continuing the very successful monthly “Wig Making” sessions to provide wigs to children fighting cancer.
- “Cupcake Decorating for Christmas” Classes – October 23 & 30 – 8 participants registered for this fun class
- DrumFit Classes – every Wednesday with 15 - 20 participants.
- Fall & Christmas Bazaar on November 18 was very well attended, and was a great fundraiser for the Lions Senior Centre.

- 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.
- 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.
- Tech Help with Dan Parker – offering in-person lessons in Thorndale & Dorchester.
- Kite Flyers – in-person in the Dorchester gym.
- Kurling – every Tuesday afternoon in the Blueline room. 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.
- Line Dancing – once a week in Dorchester and in Thorndale.
- Meditation/Breathing – offered as a WOW program (over-the-phone) It's a blend of Yoga, Tai Chi, meditation and breathing.
- Memoir Writing session was a success. Planning to offer another session in the fall.
- Movie Afternoons – Feature presentation in October was “Happiness for Beginners” and “Ride the Eagle” in November and on December 12 the movie was “Mack & Rita”.
- NEW – DanceFit programs begins January 30.
- O.A.C.A.O. Conference – Kayla attended the two-day conference.
- Pickleball for Seniors – The Thorndale and Dorchester time slots, in the gyms, for Seniors Pickleball are very well attended.
- Pilates – in-person twice a week in Dorchester. On Tuesdays in the old Daycare room and on Thursdays at the Fair Grounds.
- Pole Walking – using outdoor and indoor track.
- Shuffleboard – offered twice a week in Dorchester and once a week in Thorndale.
- Stitch and Chatter – this rowdy group meets every Monday in the old Daycare room.
- Thanksgiving Hot Meal – held in Thorndale with over 100 in attendance and handed out takeouts in Thorndale & Dorchester.
- WinterFest Hot Meal – November 3rd was not as well attended as expected. Handed out takeouts in Thorndale & Dorchester.
- Witches Dance was successful. Taught some new participants and did a review for past participants. Penny collected over 240 pairs of pajamas for children. Also performed the dance at Ronald McDonald House.
- Women's Drumming Circle – 1st & 3rd Thursday afternoon of every month at the fairgrounds.
- Zumba – 15 - 20 ladies participate every Friday in the gym.

3. RENTALS AT THE SENIOR CENTRE

No rentals booked due to renovation.

4. UPCOMING BUS TRIPS

- “Fallsview Casino” – February 20th
- “Irish Kitchen Party” – March 15th
- “Shane Cook and the Woodchippers” – September 10th

5. UPCOMING EVENTS

- Senior’s Pinball Game Day – January 5th
- Movie Afternoon “Mafia Mamma” – January 16th
- Armchair Travel to Scotland & Afternoon Tea – January 23rd
- Love/Luck Sign Craft Workshop – January 24th
- Valentine’s Hot Meal – February 9th

6. SENIOR CENTRE RENOVATION/EXPANSION

We have settled into our new temporary digs and are offering all our regular programs, events, bus trips and services. 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. Things are going well, and the seniors are very understanding and have adapted to going to many locations for their beloved activities. We are excited about the construction of the new and improved Senior Centre.

STRATEGIC PLAN LINK:

Pillar: Communications

Goal: Increase communications between the municipality (Council and Staff) and the public.

Prepared by: K. Gress, Senior Centre Co-ordinator

Reviewed by: S. MacDonald, Director of Community Services & Facilities

Reviewed by: D. Barrick, Chief Administrative Officer