



THE BUZZ

Main: 905-944-3781 | Travel: 905-944-3782 | Email: tscboarddirectors@gmail.com | Website: tsclub.ca

TSC Board of Directors - 2016/17

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President's Message



I would like to thank all volunteers for their ongoing work. The TSC is able to thrive only with your assistance.

Finally, after several years, we were able to contact a few "out of area" people on the long waiting list and offer them the opportunity to join our Club. There are still over 200 people on our waiting list. I believe this speaks volumes about the reputation of TSC!

It is approaching election time again and the TSC will be holding the election during the week of September 25th. Positions available this year are President, Vice President, Director of Travel, Director of Special Events, Secretary and Director at Large. Nominations for these positions will start on July 17th and the official election packages will be available from Cindy Petrow. We are looking forward to our members coming forward to fill these interesting and rewarding positions. As our AGM will take place October 24th, we are hoping all positions will be filled by then.

As of the end of registration for 2016/17 we have 1326 members including 230 new members. There are numerous programs within the Thornhill Community Centre which are jointly sponsored between the TSC and the City of Markham, so in actual fact there are many more people using the facilities and enjoying the numerous programs available.

Registration for the 2017/18 year will begin on July 4th. There will be no change to the annual fees and therefore for current and new members in the City of Markham the fee remains at \$35.00. Members living outside the area, the fee remains at \$50.00. Outside the area members must be enrolled prior to September 15th to ensure your continuing membership.

The TSC and all of the similar clubs within the City of Markham are independent of each other. They have their own Board of Directors and programs. To participate at another location it is necessary for you to have a separate membership.

(Continued next page..)

(President's Message continued)

The new HVAC system has been installed and will be fully operational by the time you read this BUZZ. Remember, that even this new HVAC system will not meet all of your individual preferences. Some like it hot, some like it cold! We will never be able to meet everyone's personal preferences. As well, we were able to purchase and install a new drinking water fountain that allows people to fill their personal water bottles.

As usual, various kid's camps will be running again this summer at TSC. They use rooms that are normally available for our activities. Please be understanding if some programs have to be changed or cancelled, especially during the month of August.

Have a safe and healthy summer! Your Board of Directors look forward to seeing all our members at the Welcome Back Lunch ready for another active year at TSC.

Sincerely,
Norm Goldstein



Membership Re-enrollment

Re-enrollment for our upcoming Membership year will begin on July 4th. We realize that the membership year for TSC is September 1st – August 31st of each year. However, please take into consideration the amount of time that is required by our Front Desk and Computer Volunteers to ensure a successful enrollment year.

A form must be completed along with a cheque or money order for either \$35.00 or \$50.00. We WILL NOT accept post- dated cheques. You must have your Membership Badge with you when re-enrolling.

For all of our members turning the very young age of 90 during this membership year, please make sure you advise the volunteers so that you complete an HONORARY form. We want to ensure you receive your FREE membership. Also, have a piece of identification with your date of birth indicated. Congratulations to all our new Honorary Members. We want all our current Honorary Members to continue coming to TSC. You are an inspiration to all members of TSC.

Do not forget, if you wish to purchase a Walking Club Membership or want to continue your membership in the Walking Club you will need to purchase a new card for the new membership year. The cost remains at \$20.00 for the year. Your current card will only allow you access to the Walking Track until August 31st.

If you have any questions, prior to July 4th regarding re-enrollment, please do not hesitate to ask the Front Desk Volunteers. We thank you in advance for your co-operation and assistance in making this enrollment year a successful one.

Contact Us!

TSC Front Desk: 905-944-3781

NEW HOURS Mon-Thurs 9am-4pm Fridays 9am-12:30pm



TSC Travel Desk: 905-944-3782

NEW HOURS Mon, Wed & Thurs 9am-1pm Tues & Fri 9am-4pm

Email: tscboarddirectors@gmail.com

Be in the know! FOLLOW our Weblog at tsclub.ca for the latest TSC news delivered straight to your inbox.

Activity Tickets

Activity tickets are available for purchase at the Front Desk. You must show your membership badge to purchase. Non-members are not permitted to use tickets for TSC activities. For all costs and information, please refer to the Daily Activity Schedule available at the Front Desk.

Upcoming Holiday Closures

Civic Holiday – Monday August 7th

Labour Day - Monday September 4th

Thanksgiving Day - Monday October 9th



CHATTERBOX CAFÉ

Open Mon-Thurs 9am-3pm ***NEW* Fri 9am-1pm**

Coffee & Tea - 50¢

Hot Water - 25¢

Pop or Bottled Water - \$1.00

Cookies / Rice Krispy Treats - 50¢

Potato Chips - \$1.00

Sandwiches - \$3.00 (Tuesdays from Sept – May)



Feature Article

Art Classes at TSC with Instructor Bonnie Steinberg

By Mary Ann Bogard

With the days getting longer and the birds singing our thoughts turn to new beginnings and the colour of spring flowers. If you have the desire to create a Drawing or a Watercolour, drop by one of our many Art Classes offered at TSC. You will observe beautiful watercolours and drawings being created by one of our many participants. You will be surprised by the hidden talents that are obvious by the beautiful artwork being created. Your hidden talents are brought alive by the guidance of our Art Instructor Bonnie Steinberg.



Bonnie is a graduate of York University. She has exhibited extensively in both solo and group shows. Bonnie is a recipient of many awards. Her work can be found in collections in both the United States and Canada. The front cover of the 75th anniversary brochure of the CSPWC illustrates Bonnie's accepted painting in the Diploma Permanent Collection.



2017 Senior Art Showcase and Sale brought to you by the Markham Seniors Advisory Committee and supported by the City of Markham, 101 Town Centre Blvd. Event in the Great Hall.

June 14 – 10:00am to 4:00pm

June 15 – 10:00am to 6:00pm

4:00pm – 6:00pm Meet the Artists with the Mayor and Council

Light Refreshments

June 16 – 10:00am to 4:00pm



June is Seniors month. Come and support our local artists at this showcase of works from Markham's Senior population. The talent is amazing. Buy the original. For more information email seniorsadvisorycommittee@gmail.com

Thank you to our sponsors!



With the instruction of such an accomplished artist, not only will you learn to paint, but to mix paints to produce exciting colours. High-keyed colour and dramatic lighting are also characteristics of Bonnie's works.

Art classes are offered at TSC Tuesday through Friday throughout the year. We offer both morning and afternoon classes. Please refer to our Daily Activity Schedule available at the Front Desk Reception or online at tsclub.ca.

"My visions encompass my views of the world and will aim to give the viewer a glimpse into the world. If this relationship occurs, the painting has been successful."

Bonnie Steinberg

Speaker's Programme

Seniors Frauds and Scams – May 24, 2017

A sunny day in May found a large group of our members sipping coffee and eating cookies while listening to a very informative talk by a member of the York Regional Police force. Constable Bussie Wood the Senior Safety Officer presented a fine programme. Lots of information learnt concerning how to handle possible frauds and scams, suspicious e-mails and telephone calls. Samples were given from calls received by the Police from the public – true facts. What to do, who to contact - non emergency numbers were available in the several hand-outs Constable Wood made available to take away and keep, for our guests. 9-1-1 of course is the number to dial in an 'emergency' such as fire...life threatening... a crime....display of weapons, etc.



Pat and Constable Wood

It is a time in which we live that there are many unscrupulous individuals who use several devious means to try to acquire personal information: banks account info, credit card numbers, personal, private detail such as passwords to use to their advantage. They are crooks. As was quoted, "If it sounds too good to be true, 99% of the time it IS too good to be true." AND never divulge personal numbers or personal data unless you are absolutely certain that the individual you are talking to on the phone or at your front door, or replying to via e-mail, is not a crook.

Pat Parker

Elder Abuse – May 18, 2017.

Presented by **Bussie Wood**, York Regional Police Constable & Community Services-Seniors Safety Officer.

"It is estimated that more than 1 in 10 seniors experience some form of abuse." – National Council on Aging

Elder abuse affects approximately 4% of the senior population every year. However, less than one in 14 cases of elder abuse is reported to law enforcement authorities.

1. **Physical** - Any intentional act causing injury or trauma to another person by way of bodily contact.
2. **Financial** – Any improper conduct, done with or without the informed consent of the senior that results in a monetary or personal gain to the abuser and/or monetary or personal loss for the senior.
3. **Sexual Assault** - Any sexual behaviour directed toward an older adult without that person's full knowledge and consent; it includes coercing an older person through force, trickery, threats or other means into unwanted sexual activity.
4. **Emotional and Psychological** - Any action, verbal or non-verbal, that lessens a person's sense of identity, dignity and self-worth.
5. **Neglect**: Is not meeting the basic needs of the older person;
 - **Active (intentional) neglect**: The deliberate withholding of care or the basic necessities of life to an older adult for whom they are caring.
 - **Passive (unintentional) neglect**: The failure to provide proper care to an older adult due to lack of knowledge, experience /ability or unaware of how to access local resources.
6. **Abandonment** – Desertion of an older adult by a individual responsible for the older adult's care.

(Continued next page..)

('Elder Abuse' continued)

The most common form of abuse is Financial.

Elder abuse most often occurs where the senior lives. It can also happen in institutional settings, especially Long Term Care facilities.

BREAKING THE SILENCE: WHERE TO GET HELP

Elder Abuse is never acceptable and can happen to ANYONE. Be Empowered - Ask for Help.

Tell someone you can trust – Police, a family member, a friend, a neighbour, your doctor, a caregiver.

POLICE RELATED SUPPORT

- Seniors Crime Stoppers – 1-800-222-TIPS (8477)
- Emergency - 9-1-1
- Senior Safety Officers Cst. Bussie Wood #1971 and Cst. Amanda Bitter #1872 – 905-830-0303 x 6697
- YRP Social Worker Chantal Bennett 905-830-0303 x 6815
- YRP Social Worker Sarah Amon (Mental Health) 905-830-0303 x7687
- Toll Free – 1-866-876-5423
- TTY 1-800-668-0398
- www.yrp.ca

Upcoming Presentations

Thank you for your support to all our members who join us and listen and learn about different topics by Presenters throughout the year. We appreciate your company and attendance. As before, we do not offer the Speaker's Programme during summer months, however, we have booked the Fall 2017 dates.

Wed September 27th - Sugar(s): the good ... the bad and the ugly. {dark chocolate = good, yeah!} Tips on 'healthy' aging. Reading food labels correctly. Snacks will be prepared during the event and offered for tasting + recipes to take home.

Wed October 25th - Back Pain.....sciatica lower back aches pinched nerves Spinal care Discussions on non-surgical treatment for pain relief in these areas and more.

Wed November 22nd - Our friends from the **Markham Fire Department** will offer reminders, suggestions and all things related to fire and safety.

Further details closer to the programme dates. Tickets available from our Front desk for \$2.00. Coffee/tea and cookies included. Lots of time for questions & answers from our guest speakers. Until September, may you have a most enjoyable summer.

Pat Parker, Barbara and Lucille

Upcoming Social Activities

Saturday July 1st - Celebrating the contributions of Seniors in our community with a free luncheon at Le Parc, located at 8432 Leslie Street, starting at 11:45 AM. Call 905-477-5530 to secure you spot. Space is limited.

Sunday July 2nd - Bridge Tournament

Tuesday September 12th - Welcome Back Lunch 12:00pm

Café Events

June 30th, July 21st & Aug 25th - TSC Summer BBQs. Enjoy your favorite ¼ pound all beef hotdog and choice of drink and bag of chips for only \$4.00! Served in the South parking lot and Café from 11:45am - 12:30pm.

Monday June 26th - Markham Fire Café Event 11:30am – 12:30pm

10 Tips to Beat the Heat This Summer

1. **Drink plenty of liquids.** Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
2. **Avoid caffeinated and alcoholic beverages.** Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.
3. **Dress appropriately.** Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
4. **Sunblock.** When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
5. **Stay indoors during extreme heat.** In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
6. **Air conditioning.** If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall a friend or relative's home or a community senior center are all good options.
7. **Avoid extreme outdoor heat.** If you need to get out of the house and don't drive, call a taxi, a friend or a transportation service. Do **NOT** wait outside for the bus in extreme heat.
8. **Take a cool shower or bath.** If you are unable to leave your home and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
9. **Keep your home cool.** Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
10. **Signs of heat stroke.** Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.



Annual Volunteer Appreciation Lunch

The Annual Volunteer Appreciation Luncheon was held on May 2, 2017. It is extremely important to recognize our volunteers! TSC would not survive without each and every person that is kind enough to give up their time to assume one or more of the many volunteer roles.



This year our luncheon was held at the MANDARIN on Woodbine Avenue with 117 Volunteers in attendance. The staff at the Mandarin did an excellent job of bringing everyone their beverages and our Volunteers did a terrific job at the Buffet. Each and every one left the Mandarin with a full belly and a smile on their face!

A very big thank you to Hubert, Alex and the staff at the Mandarin for making our luncheon so enjoyable!

From the TSC Board of Directors



My Experience with Shingles

by Wanda Lawrenson

Shingles is caused by the varicella-zoster virus. In other words, if you have had chickenpox the virus lies dormant in your spine for the rest of your life. All it takes is something to trigger the dormant virus and the result is shingles!

The experts tell us that Shingles can be triggered by a weakened immune system, periods of high stress, depression and fatigue. Well, I am not sure what caused my experience with shingles, but, all I can tell you is it has been a life changing experience.

I hope you won't mind if I share my experience with all of you in the hope that it will convince one or more of you to get the shingles vaccine then I have done my job.

The shingles vaccine will not prevent you from developing the virus, but, it can help prevent the virus and the likelihood of complications. The vaccine is free of charge for the age group 65 – 70 ONLY. Otherwise, the cost is a minimum of \$200.00.

On February 2nd of this year I was diagnosed with shingles. It developed on the left side of my forehead following the nerve to my ear. The left side of my head, forehead and eyebrow was completely numb. My forehead to my cheek on the left side was so swollen I had only a small opening in my eye.

The pain, burn, itching is different with everyone, but, I cannot impress how horrible it was every minute of the day in my experience. As a matter of fact, I dreaded when the sunset because my symptoms worsened at night. I had extreme flu symptoms, nausea, tinnitus in my left ear, my sense of smell was heightened and I lost my taste buds. I could not drink a cup of coffee because just the smell made me ill.

Two days after my diagnoses, I was in the hospital being tested for a stroke or heart attack. Shingles on your head/face is more severe. Trust me, I will not argue with the medical profession on that statement.

The anti-viral medication is taken for 1 week only. However, you continue with pain medication and every kind of cream and ointment that you can possibly use for the itching and burning.

During the 9 weeks that I suffered the most, I had developed nerve damage and the virus had left me with very low energy and depression. You really do not think you will ever feel well again.

So many of you at TSC have suffered from shingles on different parts of your body and the severity differs for everyone. All I know is that the support and kindness of your family and friends is the only thing that keeps you positive. Maintaining a sense of humor was the only thing that kept me going. As my husband, Brian would tell you, I had developed a real "edge". I was arguing with TV commercials! Not my best moment! Norm Goldstein welcomed me back to TSC at our last Board Meeting and I can only tell you how happy I am to be back. My energy level is still very low. My new bedtime is any time after 8 p.m. I have the burning, itching and pain on the left side of my forehead and numbness in my eyebrow, but, I am standing, alive and looking forward to summer.

I wish you all good health and enjoy every moment as we never know what test lies ahead!

Thornhill Seniors Club Activity Schedule July 3-Sept 1

Monday	From – To	Room	Fee
Table Tennis	7:30am – 9:45am	S. Hall	Modified Summer Schedule
Zumba Gold	9:30am – 10:15am	C. Hall	\$40 for 8 weeks or \$6 Drop-in
Wellness Exercise	10:00am – 12:00pm	S. Hall	\$10 for 10 classes or \$3 Drop-in
Drop-In Games	9:30am – 11:30am	Room 1 & 2	1 ticket
Walking Club	10:00am – 11:00am	Fitness Centre Walking Track	\$20/ year. Inquire at TSC Front Desk
Line Dance - Beginner	10:30am – 12:00pm	C. Hall	\$4 (\$5 for non-members)
Yoga	10:45am – 12:00pm	Dance Studio	Resumes in September
Choir	10:30am – 12:00pm	Room 3	Resumes in September
Darts	12:00pm – 2:00pm	Room 3	Resumes in September
Line Dance - Intermediate	12:30pm – 2:00pm	C. Hall	\$4 (\$5 for non-members)
Duplicate Bridge	1:00pm – 4:00pm	S. Hall	\$4
Euchre	1:00pm – 3:30pm	Room 1 & 2	1 ticket
Bridge Practice	12:30pm – 3:00pm	Room 3	1 ticket (\$2.50 for non-members)
Ballroom Dance Practice	7:00pm – 9:30pm	S. Hall & C. Hall	\$3 (\$4 for non-members)
Table Tennis	7:00pm – 10:00pm	N. Hall	\$1.25 (\$3 non-members)
Duplicate Bridge	7:00pm – 10:00pm	Room 1 & 2	\$4
Tuesday	From – To	Room	Fee
Table Tennis	7:30am – 10:15am	S. Hall	Modified Summer Schedule
Osteo Fit	9:30am – 11:00am	C. Hall	\$5 Drop-in (No class Jul 25, Aug 1 & 8)
Wellness East N West Dance	10:30am – 12:00pm	C. Hall	\$30 for 8 classes or \$5 Drop-in
Watercolour	10:00am – 12:00pm	Rooms 1 & 2	\$65 (No Drop-in. \$100 for non-members)
CHATS	10:00am – 1:00pm	Fireside (2 nd & last Tuesday of every month)	Jul 11, Aug 8 & 22
Line Dance - Intermediate Plus	1:00pm – 3:00pm	Upper Arena Lounge	\$10 Drop-in
Drawing PM	1:00pm – 3:00pm	Rooms 1 & 2	\$65 (No Drop-in. \$100 for non-members)
Bridge - Men's Contract	1:00pm – 3:50pm	Room 3	1 ticket
Mah Jong	1:00pm – 4:00pm	C. Hall	1 ticket (\$2.50 non-member)
Duplicate Bridge	1:00pm – 4:00pm	S. Hall	\$4
ACBL Duplicate Bridge	7:00pm – 10:00pm	S. Hall	\$4
Wednesday	From – To	Room	Fee
Carpet Bowling	9:30am – 12:00pm	S. Hall	1 ticket
Wellness Exercise	9:30am – 11:30am	C. Hall	\$10 for 10 classes or \$3 Drop-in
Book Club #1	10:00am – 12:00pm	Room 3 (2nd Wed of every month)	Resumes in September
Watercolour AM	10:00am – 12:00pm	Room 1 & 2	\$65 (No Drop-in)
Walking Club	12:30pm – 1:30pm	Fitness Centre Walking Track	\$20/ year. Inquire at TSC Front Desk
Bridge - Contract	12:30pm – 3:30pm	C. Hall	1 ticket
Duplicate Bridge	1:00pm – 4:00pm	C. Hall	\$4
Book Club #2	1:00pm – 3:00pm	Room 3 (2nd Wed of every month)	Resumes in September
Watercolour PM	1:00pm – 3:00pm	Room 1 & 2	\$65 (No Drop-in)
Texas Hold 'em Poker	1:00pm – 4:00pm	Room 3 (3 rd Wed of every month)	\$15 Pre-Registered
Camera Club	7:00pm – 9:00pm	Room 1 & 2	Resumes in September

Thursday	From – To	Room	Fee
Table Tennis	7:30am – 10:00am	S. Hall	Modified Summer Schedule
Supervised Bridge	9:30am – 11:30am	Room 3	\$1 (\$2.50 non-members)
Wellness Exercise	10:15am – 11:15am	S. Hall	\$40 for 8 classes or \$6 Drop-in
Walking Club	10:00am – 11:00am	Fitness Centre Walking Track	\$20/year. Inquire at TSC Front Desk
Watercolour AM	10:00am – 12:00pm	Room 1 & 2	\$65 (No Drop-in)
Line Dance – Level 3	10:00am – 12:00pm	C. Hall	Resumes in September
Tai Chi - Intermediate	10:30am – 11:45am	C. Hall	\$35 for 8 weeks or \$6 Drop-in
Line Dancing	12:30pm – 2:00pm	C. Hall	\$4 (\$5 non-member)
Absolute Beginner Line Dancing	2:15pm – 3:45pm	C. Hall	\$40 for 8 weeks or \$7 Drop-in
Duplicate Bridge	12:45pm – 4:00pm	S. Hall	\$2 (+\$1 Master Points) (\$4 non-member)
Mah Jong	1:00pm – 3:30pm	Room 3	1 ticket (\$2.50 non-members)
Drawing PM	1:00pm – 3:00pm	Room 1 & 2	\$65 (No Drop-in)
Euchre	6:30pm – 9:00pm	S. Hall	1 ticket
Duplicate Bridge	7:00pm – 10:15pm	B1 & B2	\$4
Friday	From – To	Room	Fee
Abs	9:00am – 10:00am	S. Hall	Resumes in September
Table Tennis	7:30am – 9:45am	S. Hall	Modified Summer Schedule
Wellness Exercise	9:30am – 11:30am	C. Hall	\$10 for 10 classes or \$3 Drop-in
Crafts/Crocheting Social	10:00am – 12:00pm	Room 3	No Charge
Tai Chi - Beginners	10:00am – 11:15am	S. Hall	\$35 for 8 weeks or \$6 Drop-in
Watercolour	10:00am – 12:00pm	Room 1 & 2	\$65 (No Drop-in)
Yoga	10:45am – 12:00pm	B1 & B2	Resumes in September
Zumba Gold	11:15am – 12:00pm	S. Hall	\$40 for 8 weeks or \$6 Drop-in
Bridge - Intermediate	12:45pm – 4:00pm	Fireside Lounge	1 ticket
Duplicate Bridge	1:00pm – 4:00pm	C. Hall	\$4
Watercolour	1:00pm – 3:00pm	Room 1 & 2	\$65 (No Drop-in)
Bingo	1:00pm – 3:45pm	S. Hall	\$1.00 for 2 cards (extras 25¢ each)
Ballroom Dance	8:00pm – 10:30pm	Full Hall	\$3 (\$4 for non-members)
Bid Euchre	6:30pm – 9:00pm	Room 1 & 2	1 ticket
Saturday	From – To	Room	Fee
Duplicate Bridge	1:00pm - 4:30pm	Room 1 & 2 or Halls	\$3.50
Swiss Teams Bridge	1:00pm - 5:00pm	Halls	Pre-registered \$5/person or \$20/team
			2nd Saturday of each month
Sunday	From – To	Room	Fee
Watercolour Workshop	9:30am – 3:30pm	Room 1 & 2	Inquire at TSC Front Desk
Archery	11:00am – 12:00pm	Gym	\$20 for 4 weeks or \$6 Drop-in
Ballroom Dance Practice	7:00pm – 9:30pm	S. Hall and C. Hall	\$3 (\$4 for non-members)
Duplicate Bridge	1:00pm - 4:15pm	Room 1 & 2 or Halls	3 (+\$1 for Master Points)

The TSC Snooker Room is open to members Monday - Friday 9:00am - 4:00pm

Highlighted activities indicate activity is available to adults and non-members

(these activities are in partnership with the City of Markham)

Schedule is subject to change. For the most current information, contact the TSC Front Desk at (905) 944-3781

Thornhill Seniors Club - 7755 Bayview Avenue (at John Street), Thornhill, ON L3T 4P1 www.tsclub.ca

Travel News

Again our volunteers at the Travel Desk thank all our travellers as we love planning and organizing trips to theatres, concerts, casinos, cruises and train rides.

We are experiencing some difficulty getting enough volunteers to man our desk. Now that summer is here, many volunteers go to their cottages or on holidays to other places. Please note our new hours: Mon, Wed & Thurs 9am-1pm and Tues & Fri 9am-4pm.

Please keep travelling with us as we appreciate your support and enjoy your company. Check our board for new posters. We wish everyone a great summer and keep healthy and happy.

Melodye Williams
Director of Travel

Upcoming Trips

See posters on the Travel bulletin board for full details.

Grand River Cruise - Tuesday July 4th - \$85.00

Windsor Getaway - Monday June 12th to Thursday June 15th - \$350 Double /\$470 Single

Grand River Cruise - July 4th, 2017 - \$85.00

"Beautiful": Carol King Musical - Ed Mirvish Theatre - Wednesday July 19th - \$90.00

Tribute to Patsy Cline - Walters Family Theatre - Friday Aug 11th - \$98.00

"Oh What a Night": Tribute to Beach Boys, Beatles, Bee Gees & Motown - Thursday September 28th - \$98.00 ***SOLD OUT!***

"Me and My Girl" - Shaw Festival Theatre - Tuesday October 3rd - \$120.00



Parking Reminder: Members on day and overnight trips must park in the West Community Centre parking lot (facing Bayview Ave.), NOT in the Senior's reserved parking spots or surrounding East lot.

Our other Members THANK YOU!

TSC Program Spotlight

Tai Chi

Beginners Tai Chi is held on Fridays in the South Hall from 10:00am - 11:15am. Intermediate Tai Chi is on Thursdays in the North Hall from 10:30am - 11:45am. Fee: \$35. for 8 weeks or \$6. Drop-in.

Archery

Sundays in the Community Centre Gym from 11:00am - 12:00pm. Fee: \$20. for 4 weeks or \$6. Drop-in.



Zumba Gold

Fridays in the North Hall 11:15am - 12:00pm. Fee: \$40. for 8 weeks or \$6. Drop-in.

ActiveFest Tournaments - Spring 2017



A big THANK YOU to all of the ActiveFest participants and volunteers for helping make this another successful event!

Congratulations to the tournament winners in Carpet Bowling (pictured left), Snooker and Euchre. We hope you enjoyed your **Canada 150** themed prizes.

We would also like to thank our generous sponsors for helping make this event possible - Delmanor, Glynnwood, Canterbury Place and MOSAIC.

- Brian Bailey & Cindy Petrow

Euchre ActiveFest

Everyone had a great evening at the Euchre ActiveFest, but one person stood out as the winner of the evening. Allan McKnight scored a total of 95 points (we think the highest scoring hand to date?) with 12 loan hands! Congratulations Al! Oh yes, the next evening at Bid Euchre Allan scored 201 points! What a great week of playing for all of our Euchre and Bid Euchre participants! - Wanda Lawrenson

Thornhill Snooker Challenge Match at Mississauga

On Thursday, April 27th we fielded a 6-man team against the crew at the Mississauga Seniors Centre. Don Gillingham and his crew were most hospitable. Although they plied us with food and drink in an attempt to slow us down, it was a competitive afternoon.

A great time was had by all and we are looking forward to having a re-match at Thornhill Seniors Centre very soon.

Vic Wilensky



TSC and Mississauga Seniors Centre Snooker Players

Thornhill Snooker Still #1 at the York Region 55+ Summer Games

The York Region 55+ Summer Games - the snooker component - took place on Wednesday, May 24th at the Royal Canadian Legion in Aurora. Thornhill Snooker Club members entering the competition were Eligius Pillai, Lino Desira and Vic Wilensky. Play commenced at 10am on Wednesday, with the semi-final and final matches finishing around 5pm –quite a full day.

Lino Desira played very well all the way through, with Elegius also scoring well. Vic Wilensky - winner from last year - was a slow starter but made it to the semi-finals, then the final, and became the closer to win the Gold medal in York Region again for Thornhill.

Most of the seven entries were all from Thornhill or Richmond Hill, so it was basically a match between the two clubs. Both the Silver and Bronze medals went to Richmond Hill, but it wasn't due to lack of effort or talent on the part of Lino and Elegius - just the luck of the draw.

David Simon would be proud!

EMERGENCY PROCEDURES AT TSC

It is always necessary to be prepared for any emergency, particularly medical emergencies. It is so unfortunate when any of our members suffer an injury or illness at TSC that requires medical attention. Remember do not wait, do not hesitate, CALL 911.

DAYTIME PROCEDURES

- 1) If a member becomes ill or injured during an activity, do not move them.
- 2) **The activity convener must:**
 - Remain Calm at all times
 - Ensure the other participants give the member space, NO HOVERING
 - Do not leave the room, or the member in distress
 - Make the member as comfortable as possible (loosen shirt collar, keep them warm, water, juice or chocolate for diabetics)
 - Only step aside when the trained professionals arrive
- 3) The convener must designate someone IMMEDIATELY to go to the Front Information Desk to request a call to 911. Do not hesitate. Time is imperative.
- 4) The Front Information Desk will phone 911 and immediately notify the Thornhill Community Centre representatives trained in First Aid and CPR. These City of Markham employees will be “in charge” until EMS arrive
- 5) Once EMS arrives the room will be cleared to allow the trained professionals to do THEIR job

AFTER HOURS PROCEDURES

- 1) Convener must designate an individual to call 911 immediately.
- 2) Ensure the individual calling 911 instructs the EMS to enter at the Community Centre Doors off Bayview Avenue OR the entrance off John Street at the Thornhill SENIORS Centre Doors. The address is 7755 Bayview Avenue.
- 3) Designate an individual to go to the Community Centre and advise any After Hours Staff of the Medical Emergency.
- 4) Follow all the procedures to keep the member comfortable.
- 5) Ensure the TSC Doors are open for EMS to enter.

TOGETHER WE WILL MAKE SURE EVERYONE RECEIVES THE ATTENTION REQUIRED IN CASE OF ANY EMERGENCY AT TSC! YOUR SAFETY IS OUR FIRST CONCERN!

THORNHILL SENIORS CENTRE
7755 BAYVIEW AVENUE
ENTRANCE AT JOHN STREET EAST OF BAYVIEW AVENUE

Make a Suggestion

A Suggestion Box is located on the table in the Chatterbox Cafe. If you have a suggestion, a compliment or an idea, please complete one of our Suggestion Forms and deposit in the box. You can remain anonymous or give us your name. All suggestions will be addressed.

Senior Quotable Quotes

“To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent - that is to triumph over old age.”
- Thomas Bailey Aldrich

“Age should not have its face lifted, but it should rather teach the world to admire wrinkles as the etchings of experience and the firm line of character.” - Ralph B. Perry

“By the time your eighty years old you’ve learned everything. You only have to remember it.” - George Burns

TSC Sponsors

The Thornhill Seniors Centre would like to thank our recent Sponsors. Your generous donations are greatly appreciated!



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