



# THE BUZZ

Main: 905-944-3781 | Travel: 905-944-3782 | Email: [tsclubdirectors@gmail.com](mailto:tsclubdirectors@gmail.com) | Website: [tsclub.ca](http://tsclub.ca)

## TSC Board of Directors - 2017/18

### President

Norm Goldstein

### Vice-President

Wanda Lawrenson

### Treasurer

Don Simpson

### Secretary

Brenda D'Sylva

### Director of Social Programs

Mary Ann Bogard

### Director of Physical Programs

Don Tai

### Director of Kitchen Services

Shirley Lawrence

### Director of Travel

Melodye Williams

### Director of Special Events

Gloria O'Shell

### Director at Large

Bernie Hain

## President's Message



As usual, I would like to thank all of our Volunteers for their time. As has been stressed time and again, the volunteers are the heart of TSC.

If you have any concerns or suggestions, please place them in the suggestion box located in the café area. It is not necessary to wait for the annual meeting to offer any comments that you may have.

We have ended the use of Styrofoam from the kitchen and have finally found suitable cups to replace them.

I would like to thank all those who took the time to attend our annual general meeting. At the meeting I introduced 2 new members to our board, Brenda D'Sylva, who has taken over as our Secretary, and Bernie Hain who has taken the position of Director at Large. Gloria O'Shell, our former Secretary, has moved to Director of Special Events.

There are 2 requests that I have; please abide by the Code of Conduct that was on your signed registration form. We have had several instances where this Code has been violated and the Board of Directors' had to issue verbal and written warnings. Secondly, we have had numerous comments about the use of perfume. Several of our members are allergic to the scents and we would appreciate if no scented products are used while at the TSC.

Please abide by the fire alarms and vacate the building should they ring. The appropriate Markham staff will inform us when it is safe to return inside the building.

Finally, I want to say goodbye to Virginia Allison who has moved out of the area and can no longer continue her role as Past President. She provided many years of service to the TSC as volunteer and on the Board and she will be greatly missed.

Sincerely,  
Norm Goldstein

## Vice-President's Message

What a year this has been... Well, I am not sure about all of you, but, for me this has been one heck of a year!

When I took shingles on February 2<sup>nd</sup>, I really did not think I would make it through the winter. The dark, dull days and evenings made all my symptoms seem amplified and unbearable. On the calendar, spring arrived, but, we still had dull days and rain, lots of rain! I was still feeling unwell and found out that not only did I have shingles, but, a second spinal virus had merged with the Zoster virus and this is why I was so sick. Well, what a kick in the pants that news was for me to hear! Then the Neurologist told me that it could take another year before my nerve endings healed completely.

My "edge" remained sharp because I was still fighting to ignore all the symptoms.

Although, it has been necessary to cut back on the number of hours I spend at the Club, the opportunity to interact with all of you, have a laugh and do something for someone else helps me to forget how I feel. I am well aware that my health issues are not unique. I watch so many of our members on a daily basis deal with all kinds of issues, but, there are no complaints and each of you keep on moving and enjoying whatever activities you wish to attend.

I feel so fortunate to have the opportunity to stop feeling sorry for myself and remember that no matter how bad a day can get there is someone that has to deal every day with a debilitating disease or issue of their own.

So, as we get close to the end of this year, I want to thank all TSC members for helping me to deal with my reality differently than if I had been alone. I am sad for all those members, family and friends we lost this year, but we will never forget and remember them fondly.

I hope that 2018 will bring each of us happiness and good health, well, I will take better health. One thing we don't have is a crystal ball, thank goodness, so, we never know what lies just around the bend. However, let's keep doing what we enjoy and give thanks daily for having a Seniors Club called TSC.

Happy Holidays to you all and a wonderful New Year!

Wanda Lawrenson  
Vice President



*Please Remember your Shingles, Flu  
& Pneumonia Vaccines!*

*Help prevent the spread of colds & flu -  
please stay home if you are not feeling well.  
Thank you!*

## Meet The Newest TSC Board Members

### Brenda D'Sylva – Secretary

The D'Sylva family has lived in Thornhill for 30 years. My sister Venancia and I have been members of the Thornhill Seniors' Club for the past few years. We enjoy the various activities of the Club, particularly Osteo Fit, Art classes and the trips offered by the Travel desk.

Venancia and I have recently adopted a young female (Boxer) dog who we have named Topsy. She fills the rest of our days with lots of love and affection.

I have over 28 years of experience in the field of Finance. I ended my career as Director of Finance at the Scarborough Hospital.

Volunteering my time is a big part of my life both at TSC and at St. Luke's Catholic Church. In June of this year, I completed a 5 year term on St. Luke's Parish Council. I look forward to my term as Secretary on the TSC Board of Directors.

Brenda D'Sylva



### Bernie Hain – Director at Large

After a number of years in the workforce selling HVAC equipment, I embarked on a new career...RETIREMENT. Within a short period of time I was volunteering twice a week at a senior's centre where my late mother was a member. As well, I was able to devote some time to my interest in both photography and bridge. Subsequently I was introduced to the Thornhill Seniors Club. Along with the other activities I was involved in, pickle ball and billiards were added to the mix. When people now ask me how I like retirement, I tell them "Treat it like a job"...although not necessarily 9-5...Lol.

I have met so many wonderful people here at TSC and look forward to being a Director at Large to help out wherever and whenever I am able to contribute to this jewel of a club.

Bernie Hain

## Speaker's Programme

### Sugars - September 27, 2017

Our first Presentation after the summer was enjoyed by a large group of members....a learning and tasting workshop. Presented by Rani Glick, a Certified Nutritionist, whose topic was SUGAR: 'The Good the Bad and the Ugly'. One of many worst offenders 'sweetened beverages' one popular drink contains 40 grams of sugar = 10 teaspoons! Energy drinks = 84 grams! Coffee/tea 'sweeteners' Rani advised not to use {too many chemicals}. Handouts were offered for our guests to take home to read on subjects discussed. Also recipe pages for the tasty-healthy-treats we all enjoyed. Rani offered many suggestions of alternate products to use and passed around were treats: Seed Brittle, Raw Chocolate bites (using dark chocolate), Nuts and Seeds Mixture - a great alternative to the commercial bars available. Rani's company 'The Wellness Wagon' specializes in offering workshops as she is a Specialist Trainer on Functional Aging and has a great interest in Parkinson's disease. Our great programme was sponsored by Jane Teasdale - Mosaic Home Care - to whom we say a very big 'thank you'. Literature re Mosaic is available in our cafe area for those interested in the services they offer to the local community.

Pat Parker

### Back Pain - October 25, 2017

October 25th found forty members gathered to listen and learn about back/spine related problems. They were not disappointed by the Presentation of Dr. Leon and Dr. Dennis from the Thornhill Family Chiropractic Clinic on Yonge Street. A detailed slide show and verbal explanations were well explained to our members. It is natural as we age that our bodies undergo some wear and tear, a series of changes - possibly: eye sight, hearing, our spine and conditions such as arthritis and osteoporosis. Staying active and staying young helps seniors live happy, healthy lives with less medication and nursing care. The spinal deterioration is thought to be affected by several factors, a few: hereditary; pre-injury; prolonged physical stress; nutritional history. Explained, as seen on the screen, were comparison 'spinal discs', A healthy one, straight, with little stress or aches to the owner. The second a degenerated vertebrae, from an x-ray 'less straight - rather bent!'. In between each vertebrae are discs which act like spacers (think - a shock absorber in a car), when these malfunction it can cause neck and back pain, stiffness and lessens spinal mobility. Just one brief piece of information learnt from our visiting Doctors who also discussed treatments they, through many years in practice use, with adjustments, stretching exercises without surgery or drugs. Remember what your Mother kept telling you.... 'Sit up straight'. Grateful thanks to Doctors Leon and Dennis for their generous donation to our Seniors Club and taking time from their busy clinic. Thanks also to Janet Crawford from Forest View Retirement Residence for providing the delicious array of cookies.



Pat Parker

## Travel News

Our members have enjoyed several very popular trips over the last few months. We were sold out with many people on a waiting list. If you are interested in a trip, you need to sign up early in order to avoid disappointment.

In July we visited the Mirvish Theatre to see the well acclaimed (held over) production of "Beautiful" the Carol King Story. As well, in July we enjoyed a luncheon cruise on the Grand River. The before show was enjoyed by all. Many members asked if we could have "The Fiddlers" at an event at the club. We will see what we can do. The luncheon on the cruise was delicious and served to us by courteous waitresses.

In September we listened (to a sold out concert) at the Walters' Family theatre at Bright. There were many songs we heard in days gone by from our favourite singers. This was after a very delicious meal. A stop on the way home to visit the Reid Candy Store was a big hit too.

In October we visited Niagara on the Lake Festival Theatre to see "Me and My Girl". Our luncheon this time was at the "Pillar and Post". It was most enjoyable as once again we were served by the friendly staff.

Our second trip in October was on the Orangeville Credit Valley "Explorer" train. During the ride we enjoyed a light lunch while we saw the country side from our window.

Mirvish theatres have brought back "Come From Away." We have sold our 80 tickets for July 4, 2018 with 27 people on a waiting list. This was a very well received show during its last Toronto run. So to repeat ourselves - Book early to avoid disappointment.

Please keep travelling with us as we appreciate your support and enjoy your company.

-Melody Williams & the Volunteers from the Travel Desk



**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!



## Welcome Back Lunch



Our Welcome Back Lunch was held on September 12<sup>th</sup> with over 130 members in attendance. While enjoying our luncheon we were entertained by our first TSC's Got Talent Contest.

We had 6 members participating: Florence Ruddy, Mike O'Sullivan, Laima O'Sullivan, Keith Yuen, Steven Wong and Meyrick D'Sylva. At the last moment, we had another entry Naomi Engelhardt. Naomi had a couple of very good jokes to share with us. They were so good, Naomi won our second prize gift card.



Each of our contestants entertained us with song, dancing and jokes. Florence even gave away 3 Teddy Bears that had accompanied her during her song and dance. Florence handmade 2 of the Teddy Bears that we gave away in a draw. Thank you Florence for participating and providing the handmade bears.



All of our talented members deserve a great big thank you for participating in our contest. Congratulations to the 1<sup>st</sup> Prize winner of our TSC's Got Talent contest, Meyrick D'Sylva. Meyrick brought a few of his "friends" to perform with him. Dean Martin, Elvis, Nat King Cole and Tennessee Ernie Ford.

I would like to thank Don Tai our Director of Physical Activities for being such a wonderful DJ and providing the music for our contestants, all the many volunteers for their assistance and of course we would not have any event without the hard work of Brian Bailey, Cindy Petrow and the generosity of our sponsors.

We had another successful re-enrollment summer, thank you to all the Front Desk Team for their hard work. Congratulations to Brenda McLaughlin for winning our early re-enrollment gift card at the end of July.

We want to welcome back all of our current members, new members and our new honorary members. Enjoy a great membership year with TSC and all that the Club has to offer!



## TSC Annual General Meeting

TSC's AGM was held on October 24<sup>th</sup> with over 140 members in attendance. It is wonderful to see so many members take an interest in their Club.

After many years, the price of Pink Activity Tickets has been increased from \$15.00 for 20 tickets to \$20.00 for 20 tickets, a 25 cent increase per ticket.

Each physical and social activities were reviewed and adjustments were made as necessary. Additional activities have been added such as an early evening Art Class, more Pickleball and Badminton classes.

All of this is possible, thanks to the continued efforts of Brian Bailey, Community Program Supervisor - West.



We also introduced a new Green Activity Ticket for 6 of our Physical activities. We thank all members for embracing this new system.

Although changes have been met with mixed feelings, reasons for the changes were explained and supported by the Board and the Board Treasurer's Financial Statement.

We ask all members to communicate any concerns or questions directly with the Board. This can be done in person or by forwarding your concern in writing. Forms are available for use in the Café by the Suggestion Box. Remember, your Board is there for you the members. The Board is an elected or acclaimed group of volunteers that are also members of TSC. We adhere to the same Code of Conduct and costs as every other member.

Please wear your membership badge when you are at TSC. It can be removed for a physical activity, but, volunteers must be able to discern between TSC members and Non Members. We appreciate your continued co-operation.

### TSC Board of Directors



## Canadian Snowbird Travel Tips

If you typically head south for the winter, we've put together a list of important tips that serve as a reminder and can help you when you are planning your trip.

### 1. Talk to your doctor

Health always plays a big role in travel planning for seniors.

Therefore, one of the first things you need to do before you book accommodations is to see your doctor to make sure you are healthy enough to travel. If you have a pre-existing condition or physical limitation, talk with your doctor about ways to manage it while travelling.



### 2. Get your medical records and medication organized

Since you will be outside the country for an extended period of time, it's important to travel with a copy of your medical records and make sure your medication and prescriptions are taken care of before you depart.

### 3. Book your trip early

If you already know the dates you plan to travel, start exploring your options as soon as possible. This will give you more time to research, take advantage of travel deals and get organized. Plus, you will also have more time to get everything else organized.

### 4. Invest in travel insurance

Having a reliable travel insurance policy is a must for snowbirds. It not only provides you with peace of mind in knowing that you are covered for things like travel delays and lost baggage, it also ensures you can get access to high quality medical care should you need to see a doctor or have a medical emergency. Without travel insurance, a simple trip to the hospital could end up costing you thousands of dollars.

### 5. Organize paperwork and travel documents

To ensure you get through customs without issues, it's important to make sure you have your documentation in order. You could be asked to produce paperwork about your travel plans, accommodations, and even prescriptions for your medication. Have it ready and accessible when crossing the border.

*(continued next page)*



## **6. Organize your finances**

While it may have been more challenging in the past, online banking has made managing your finances much easier. Before leaving for your trip, make sure you either pay your bills, set up pre-authorized payments or have access to your bills online. It is also a good idea to talk with your bank and credit card company about your options for accessing funds when in the U.S.

## **7. Make sure your home is cared for while you're away**

While you are enjoying your time on the beach, you can't completely forget about what is happening at home. Since you'll be away for a long period of time, it's a good idea to get a house sitter or find someone you can trust to care for your home (picking up the mail, property maintenance, making sure your home is safe and secure).

## **8. Make a list**

Having a list of travel necessities will make the packing process much easier. Rather than trying to remember if you have everything you need, all you need to do is follow your list. Have your partner or someone else review the list to make sure you haven't forgotten anything, and check off items as you pack them in your suitcase.

## **9. Research your travel destination**

Research your travel destination beyond booking accommodations and finding a few places to see. Doing more thorough research and making note of the nearest hospital, grocery stores, theatres, coffee shops, and other places you may visit frequently will help you get a better sense of the area before you arrive.

## **10. Double check everything!**

Amid the excitement of packing and looking forward to your trip, it can be easy to overlook something. This is why it's very important to take some time to double check everything – your documents, luggage, travel plans, and make sure you have everything in order.

## **Conclusion**

Following these tips will help you be better prepared for your trip down south and ensure you have a safe, relaxing and worry free time enjoying the warm weather while the rest of us deal with the snow and cold temperatures here in Canada.

## **Safe Travels!**

## Senior Safety Winter Walking Tips

### Basic Precautions

The Canada Safety Council offers seniors some practical suggestions to stay active in winter.

*As winter approaches, outfit yourself for safe walking:*



1. Choose a good pair of winter boots. For warmth and stability look for these features: well-insulated, waterproof, thick non-slip tread sole made of natural rubber, wide low heels, light-weight.
2. Ice grippers on footwear can help you walk on hard packed snow and ice. But be careful! Grippers become dangerously slippery and must be removed before walking on smooth surfaces such as stone, tile and ceramic. Before buying the grippers, be sure that you are able to attach and remove them from your boots, this is best done sitting down.
3. Use a cane, or even a pair of ski poles or walking sticks to help with balance. Make sure they're the right height for you. When your cane is held upside down, the end should be at wrist level. Speak to your doctor, pharmacist or local public health department about how to use a cane properly.
4. If using a cane, attach a retractable ice pick to the end. Cane picks will be slippery on hard surfaces so be sure to flip it back as you get indoors. Picks are inexpensive and available at most drug stores.
5. If you need further support, use a walker. The cost might be defrayed by government programs; talk with your doctor.
6. Wear a hip protector (a lightweight belt or pant with shields to guard the hips). It can help protect the hips against fractures and give added confidence.
7. Help other road users see you by wearing bright colors or adding reflective material to clothing.
8. Prevent heat loss by wearing a warm hat, scarf, and mittens or gloves. Dressing in layers may also keep you warmer

**HAVE A SAFE & HEALTHY WINTER SEASON**

## Contact Us

**TSC Front Desk:** 905-944-3781

**\*NEW HOURS\*** Mon-Thurs 9am-4pm Fridays 9am-2:30pm



**TSC Travel Desk:** 905-944-3782

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

**Email:** [tscboarddirectors@gmail.com](mailto:tscboarddirectors@gmail.com)

Be in the know! FOLLOW our Weblog at [tsclub.ca](http://tsclub.ca) for the latest TSC news delivered straight to your inbox.

## Upcoming Holiday Closures

**Holiday Closure** – Saturday December 23rd - Monday January 1st  
(regular activities resume January 2)

**Family Day** – Monday February 19th

**Good Friday** – Friday March 30th

**Victoria Day** – Monday May 21st



---

**CHATTERBOX CAFÉ** Open Mon-Thurs 9am-3pm **\*NEW\* Fri 9am-2:30pm**

---

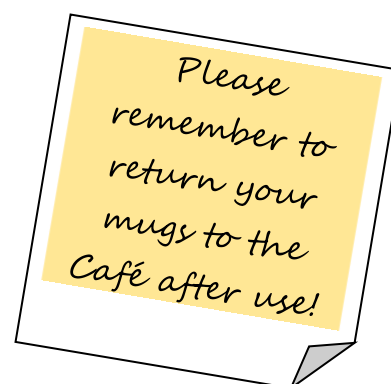
**Coffee & Tea - 50¢**

**Hot Water - 25¢**

**Pop or Bottled Water - \$1.00**

**Cookies / Rice Krispy Treats - 50¢**

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



## 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.

## TSC Water Bottles

Our TSC travel water bottles are here! Stainless steel with TSC logo and carabiner. Easy to fill using our new filtered water fountain.

Available at the Front Desk for \$10. **Limited quantities!** Thank you for supporting TSC!



## Jokes from Old Time Comedians - Submitted by Member Gloria Poch

*"Someone stole my credit card but I won't be reporting it to the police. The thief spends less than my wife did!"*

*"The Doctor called Mrs. Green saying, "Mrs. Green, your cheque came back." Mrs. Green answered, "So did my arthritis."*

## TSC Sponsors

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



The Buzz Editorial Team: Wanda Lawrenson & Cindy Petrow

Contact: [tsboarddirectors@gmail.com](mailto:tsboarddirectors@gmail.com)