



THE BUZZ

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President's New Year Message



I would like to wish all the members of the TSC a happy and healthy 2017. Your patience over the holiday period and the first week of January was appreciated. Markham was refinishing the floors in the 3 main halls, resulting in the cancellations of several programs.

The members of the Board and all the volunteers are what makes TSC the success it is. I would like to thank them all for their hard work.

The lounge area was spruced up with a new coat of paint around the fireplace and the new television that was kindly donated by Allan McKnight has been hung over the fireplace.

There are a few issues that I would ask the cooperation of all our members. We must promote good will with the Markham staff who set up the rooms for all our activities. As well, Markham and all associated facilities, which includes the TSC, are going green. Please ensure you put your waste in the appropriate containers and use the ceramic mugs for your beverages whenever possible - but return them to the kitchen for reuse.

Over the winter we will have to be patient with our heating system throughout the building. There is a new HVAC system (heating and cooling) scheduled for installation in the spring.

We have to say goodbye to Ivy Ng who had to resign her position as Director at Large due to family circumstances.

Finally, I want to thank Wanda Lawrenson who, through her hard work, organized a very successful show for the holiday season - Elvis.

Sincerely,

Norm Goldstein

Welcome to TSC!

Happy New Year to everyone! I am very happy to report that since our re-enrollment started July 4, 2016 we have had 186 new members join our great Club.



TSC Members Bill and Mary

We have such a diverse group of members and each and every one of us has the opportunity to participate in the variety of activities offered in 2017!

Winter is not my favorite time of the year, but, I will make the very best of it by enjoying TSC. Let's have fun, respect each other and enjoy everything that TSC has to offer!

Wanda Lawrenson
Vice-President

Contact Us!

TSC Front Desk: 905-944-3781

TSC Travel Desk: 905-944-3782

Email: tscboarddirectors@gmail.com

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



Cost Information

Annual Membership Cost - \$35.00 (Markham Residents)

Current Out of Area Member Renewal Cost - \$50.00

Activity Tickets - 20 Tickets for \$15.00/ Single Ticket \$1.00 each

For all other costs and information, please refer to the Daily Activity Schedule available at the Front Desk.

Feature Article



Don Simpson TSC Treasurer

By Wanda Lawrenson

Don Simpson moved to Toronto from Montreal January 1998. It didn't take long for Don to join the North York Senior's Centre and become a volunteer. Soon after a position opened on the Board of Directors and Don was recommended for the position. Don's very first Board position was Director at Large.

Early 2006 Don joined TSC and became a volunteer for a year and a half on the Travel Desk. However, with Don's background in Accounting Practices it was not a surprise to transition to the position of Treasurer at TSC. This is now Don's 5th term as Treasurer. He has sat on TSC Boards with the past 7 Board Presidents. Founder Jack MacKay, Warren Carroll, Marg Jones, Wilf Shub, Virginia Allison, Phil Petrou and our current President Norm Goldstein. Since 2001 Don has also been involved in the Community Volunteer Income Tax Program (CVITP). Community organizations host free tax preparation clinics and arrange for volunteers to prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation.

Don is a fountain of knowledge. He is the Jeopardy champion of TSC. If you need any information, background on past members, proofreading, Don is your first contact. With his knowledge of the history of TSC, his incredible sharp eye and 56 years of Accounting experience as Don said, "What would I do if I retired"? Don is extremely happy mixing his duties as Treasurer with some well-deserved relaxation, reading, lunch with friends and just having a rest in the comfort of his home. Don enjoys taking part in the trips offered by our Travel Desk. Atlantic City is a favourite place to visit with his spouse Esther.

Thank you Don for your past, present and future contributions to TSC. We all benefit from your vast knowledge and experience.

TSC Founding Member – Judy Cooke



After a brief illness, Judy passed away at Markham Stouffville Hospital on December 15, 2016 with family by her side.

Judy was one of the founding members of the Thornhill Seniors Club. She volunteered on the front desk and on the Board of Directors, planning many special events and fundraisers for the Club.

Judy was also a Markham Senior Hall of Fame member and was awarded for her significant contributions to the community, including her foundational work with the Thornhill Recycling Centre.

She will be fondly remembered by her many friends at TSC.

Wilf Shub

Speaker's Programme

Brain Health Presented by the Alzheimer Society – November 23, 2016.

November's Speaker's Program was very informative and interesting and for the members attending, much food-for-thought to take home.

Our Presenter was Stacey Mendonca, Public Education co-ordinator with Alzheimer Society of York Region. The presentation included detail about dispelling myths of dementia's including Alzheimer's disease warning signs, different effects, brain injuries from falling (repeated concussions, etc.), emotions/mood changes, risk factors (some can be controlled) and treatments were a few topics touched upon. Stressed was the important factor a person can do to reduce getting the disease as the brain is a vital organ in our body...the connection between good physical health and brain health go together - like a horse and carriage. Healthy eating, 'dark' chocolate (in moderation!), exercise (physical activity), reducing stress, crossword puzzles and other brain teasers to make the brain work.



The Alzheimer Society offers many resources including D.A.Y. Centres, education and support groups. Help for families together with numerous resources available. Help for today... Hope for tomorrow.

Thanks to Stacey for sharing her expertise and knowledge about Alzheimer's disease and for making available the many helpful leaflets for guests.

Pat Parker

Senior's Beauty Makeover – January 25, 2017.

In January 2017 a group of (women) members spent a fun, pleasurable, learning time at the T.S.C. Speaker's Programme.

The guest Presenter, Shabina, brought along her brushes and eye enhancing materials which she used on an audience model - and explained detail while working as the eye lid and eye brow make-over evolved. Advice on lip care and make-up tips were shared. Shabina, a local hair stylist replied to several questions concerning hair styles to suit different types of faces, as members enjoyed their coffee/tea and cookies.



The 'Quick make-over for Seniors' event on January 25th was very successful and attendees left thinking about the various make-over tips offered by Shabina.

Pat Parker

Thornhill Seniors Club - Activity Schedule *Winter/Spring2017*

Monday	From – To	Room	Fee
Table Tennis	8:00am – 11:00am	N. Hall	1 ticket
Pickleball	10:00am – 12:00pm	Gym	1 ticket (\$2.70 for non-members)
Zumba Gold	9:30am – 10:15am	S. Hall	\$40 for 8 weeks or \$6 Drop-in
Wellness Exercise	9:30am – 11:30am	C. 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/Intermediate	10:30am – 12:00pm	S. Hall	\$4 (\$5 for non-members)
Yoga	10:45am – 12:00pm	B1 & B2	\$40 for 8 weeks or \$6 Drop-in
Choir	10:30am – 12:00pm	Room 3	1 ticket
Darts	12:00pm – 2:00pm	Room 3	1 ticket
Line Dance - Intermediate Plus	12:30pm – 2:00pm	S. Hall	\$4 (\$5 for non-members)
Badminton	1:00pm – 3:30pm	Gym	1 ticket
Duplicate Bridge	1:00pm – 4:00pm	N. Hall	\$3 (+ \$1 for Master Points)
Euchre	1:00pm – 3:30pm	C. Hall	1 ticket
Bridge Practice	12:30pm – 3:00pm	Room 2	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	B1 & B2	\$4

Tuesday	From – To	Room	Fee
Table Tennis	8:00am – 12:00pm	N. Hall	\$1.25 (\$3 non-members)
Osteo Fit	9:30am – 11:00am	S. Hall	\$40 for 8 weeks or \$6 Drop-in
Wellness East N West Dance	9:15am – 10:45am	C. Hall	\$40 for 8 classes or \$6 Drop-in
Wellness Instructional Class	10:45am – 12:15pm	C. Hall	\$40 for 8 classes or \$6 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 & 4th Tuesday of every month)	NA
Badminton	1:00pm – 3:30pm	Gym	1 ticket
Line Dance - Intermediate Plus	1:00pm – 3:00pm	N. Hall	\$80 for 10 weeks or \$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 Lessons	1:00pm – 4:00pm	Fireside Lounge or C. Hall	1 ticket
Duplicate Bridge	1:00pm – 4:00pm	S. Hall	\$3 (+ \$1 for Master Points)
Pickleball	2:00pm – 4:00pm	Thornlea Pool Gym	1 ticket (\$2.70 for non-members)
ACBL Duplicate Bridge	7:00pm – 10:00pm	S. Hall	\$4

Wednesday	From – To	Room	Fee
Badminton	9:00am – 11:30am	Gym	1 ticket
Carpet Bowling	9:30am – 12:00pm	S. Hall & C. Hall	1 ticket
Wellness Exercise	9:30am – 11:30am	North Hall	\$10 for 10 classes or \$3 Drop-in
Book Club #1	10:00am – 12:00pm	Room 3 (2 nd Wed of every month)	1 ticket
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	S. Hall	\$3.00 (+\$1 for Master Points)
Book Club #2	1:00pm – 3:00pm	Room 3 (2 nd Wed of every month)	1 ticket
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
Pickleball	2:00pm – 4:00pm	Gym	1 ticket or (\$2.70 non-members)
Camera Club	7:00pm – 9:00pm	Seniors Room #3	\$1 Drop-in

Thursday	From – To	Room	Fee
Table Tennis	8:00am – 10:00am	N. Hall	1 ticket
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)
Tai Chi - Intermediate	10:30am – 11:45am	N. Hall	\$35 for 8 weeks or \$6 Drop-in
Line Dance - Intermediate Plus	12:30pm – 2:00pm	N. Hall	\$4 (\$5 non-member)
Absolute Beginner Line Dancing	2:15pm – 3:45pm	N. Hall	\$40 for 8 weeks or \$7 Drop-in
Duplicate Bridge	12:45pm – 4:00pm	S. Hall	\$2 (+\$1 Master Points) (\$4 non-member)
Badminton	1:00pm – 3:30pm	Gym	1 ticket
Mah Jong	1:00pm – 3:30pm	Room 3	1 ticket
Drawing PM	1:00pm – 3:00pm	Room 1 & 2	\$65 (No Drop-in)
Pickleball	2:00pm – 4:00pm	Thornlea Pool Gym	1 ticket or (\$2.70 non-members)
Euchre	6:30pm – 9:00pm	South Hall	1 ticket
Duplicate Bridge	7:00pm – 10:15pm	B1 & B2	\$4

Friday	From – To	Room	Fee
Abs	9:00am – 10:00am	S. Hall	\$35 for 8 weeks or \$6 Drop-in (starts Sept 16)
Badminton	9:00am – 11:30am	Gym	1 ticket
Table Tennis	8:00am – 11:00am	N. Hall	1 ticket
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	11:00am – 12:00pm	B1 & B2	\$40 for 8 weeks or \$6 Drop-in
Zumba Gold	11:15am – 12:00pm	N. Hall	\$40 for 8 weeks or \$6 Drop-in
Bridge - Intermediate	12:45pm – 4:00pm	B1 & B2	1 ticket
Duplicate Bridge	1:00pm – 4:00pm	C. Hall	\$4.00*
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)
Pickleball	1:45pm – 3:45pm	Gym	1 ticket (\$2.70 for non-members)
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
Badminton	12:00pm - 3:00pm	Gym	1 ticket
Duplicate Bridge	1:00pm - 4:00pm	Room 1 & 2 or Halls	\$3.50
Swiss Teams Bridge	1:00pm - 5:00pm		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 or Room 3	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	\$3 (\$4 for non-members)
Duplicate Bridge	1:00pm - 4:00pm	Room 1 & 2 or Halls	\$3.00 (+\$1 for Master Points)

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

Highlighted activities are in partnership with the City of Markham and **are available to Non-Members.**

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

Upcoming Social Activities

Alzheimer Society & MOSAIC Home Care First Link Memory Café. “Being active physically, socially and mentally is good for the brain”. Held in the Fireside Lounge the second Thursday of the month: **Feb 9th, March 9th, April 13th and May 11th**, 2017. Free Program, fun, educational and social. Refreshments included. Registration at the TSC Front Desk required.

Wednesday March 22nd, April 26th & May 25th- Speaker’s Programme (see posters for details)

Tuesday May 2nd - Volunteer Appreciation Lunch -12:30pm

Café Events

Tuesday February 14th - Valentine’s Day Café Event & Photo Booth - 11:45am

Friday February 10th & 24th - Beat the “February Blahs”... join us for a BBQ! Enjoy a taste of summer with your favorite Jumbo all beef hotdog and choice of drink for only \$3.00! Served in the Café from 11:45am - 12:30pm
Our regular outdoor BBQs will resume in May.

Friday March 17th - St. Pat’s Café Event - 11:45am

Winter Walking Safety Tips

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.



1st Annual TSC Rockin' Around the Christmas Tree

Sunday, December 18th marked the day for our very first Dinner Theatre Christmas celebration. With 150 people, members, spouses and friends in attendance, we had a fantastic afternoon.

We started the afternoon with world renowned Elvis Tribute Artist – Steve Michaels. I am so grateful for the kindness of Mr. Mark Erwin and Steve Michaels for allowing us the possibility of having such a #1 class performer at TSC. Steve's interaction with the audience was wonderful and his willingness to meet with everyone for pictures was a highlight.

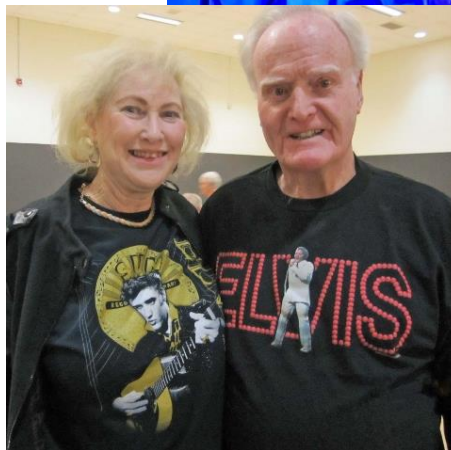
After "Elvis left the building" our DJ turned on the music and we had an after party. Everyone was up dancing and having a great time.

The afternoon ended with a delicious catered dinner. We had 7 of Santa's Elves serving coffee, tea and dessert to the tables. Whatever was asked of the elves was delivered!

I had a great deal of help when it was needed most and I would like to thank Claud and Doreen Manning, Grace Hartnett, Brian Lawrenson, Patricia Meier, Susie Gargano, Queenie and Wilson Wong, the facility staff and of course Brian Bailey and Cindy Petrow.

What a wonderful way to celebrate the season! Enjoy the pictures from our Rockin' Extravaganza.

Wanda Lawrenson



Travel News

As we look back over 2016, we think about all the good memories we have about the trips we took with the Thornhill Seniors Club. Some of our members took our overnight trips to Windsor, Niagara Falls, Seneca New York and a cruise to the Caribbean Islands. Many of us attended concerts and plays at Stratford, Niagara on the Lake, Collingwood, Bright, Pickering and Toronto. We also visited the Cirque du Soleil, Woodbine, Roy Thompson Hall and a cruise on a paddle boat on the Niagara River. The travel desk volunteers were kept busy taking member's reservations for all these trips. The volunteers enjoyed meeting everyone.

Unfortunately on January 2nd, we lost one of our wonderful volunteers. Margaret McDonald worked on the travel desk every Friday morning for twelve years. She always told us how much she enjoyed her work. Everyone enjoyed their stop to chat with her. She will be greatly missed.

Melodye Williams
Director of Travel



Margaret McDonald

Upcoming Trips

See posters on the Travel bulletin board for further details.

St. Patrick's Day Celebration - Carmen's Dinner Theatre - Thursday March 16th - \$80.00

"The Jazz Singer" - Toronto Theatre for the Performing Arts - Wednesday May 31st - \$78.00

"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

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



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

Our other Members THANK YOU!

TSC Program Spotlight

Choir

We are pleased to introduce our new accompanist Laima O'Sullivan. Laima is a member of the Seniors Club and has volunteered to lead the Choir. Laima is an excellent musician. Laima's knowledge, experience and creativity will be an asset moving forward.

Laima's career in music began with piano lessons at age 6. She completed her Grade X Royal Conservatory of Music level, including theory. She is very active with various churches, festivals and community choirs. Laima has a very impressive musical background. All the members of the Choir thank Laima for finding time in her schedule to accompany our choir.



We also wish to acknowledge Joan Booth who has decided to step down as Choir Convener after many years of dedication. Joan's hard work has kept our Choir alive. We are few, but, hope that other members will join soon. Joan compiled a comprehensive set of music as well. Unfortunately, prior to Christmas, Joan suffered a broken hip. We want Joan to know that we wish her a complete recovery and hope that she will return to the Choir soon. I will do my best to follow in Joan's shoes as Convener of the Choir.

Join us to sing a song and have some fun! The TSC Choir meets Monday mornings 10:30 – Noon in Rm 3.

By Mary Lou Birket

History of the Games Room

On a cold wintry afternoon in December, 22 keen Snooker players met for a celebratory lunch to mark the end of another successful Fall Snooker League Season. Vic Wilensky and David Worthington had organized a fun-filled, yet competitive series of matches for teams with Lino Desira and his team narrowly proving victorious in the end.

On this occasion, however, all attention was directed to winning the final event, the end of season pairs tournament. This was a chance for all to finish the season with glory and claim the glittering prize – a water bottle and 3 activity tickets! Competition was fierce but at the conclusion of the grueling battle, David Taylor and David Worthington emerged triumphant. The consolation winners were Bernie Hain and Leo Spindel. A new season begins in January, when, with cues drawn, the battle re-commences. Good luck to all and continue to enjoy the warm camaraderie we share.

On that note, it is sad to report the recent passing of our good friend David Simon. David was an exceptional and joyful man to whom the saying "I never met a person I didn't like" certainly applied. He was kind, supportive and responsible for the spirit today in the Games Room. He will be sorely missed by all at TSC.

By David Taylor

Upcoming Holiday Closures



Family Day – Monday February 20th

Good Friday – Friday April 14th

Easter Monday - Monday April 17th

Victoria Day - Monday May 22nd



CHATTERBOX CAFÉ MENU

Coffee & Tea - 50¢

Hot Water - 25¢

Pop & Bottled Water - \$1.00

Cookies / Sweets - 25¢

Potato Chips - 50¢

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

Open Mon – Fri 9:00am – 3:00pm



Become a Volunteer!

As a member of TSC, would you like to meet new people and make a difference? We need volunteers for the Chatterbox Cafe, Travel Desk, Front Desk and Activity Conveners.



If you would like to know more about becoming a TSC volunteer, please speak to Wanda Lawrenson at the Front Desk. Help make TSC the best that it can be by stepping forward!



Carpet Bowling Volunteer Convenor, Heather Morrison, celebrated her 93rd birthday in January.



TSC Volunteers: (left to right) Connie, Heather and Valerie

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 it in the box. You can remain anonymous or give us your name. All suggestions will be addressed.

Senior Quotable Quotes

"Train your mind to see the good in everything. Positivity is a choice. The happiness of your life depends on the quality of your thoughts."

"I'm humble enough to know that I'm not better than anybody but wise enough to know that I'm different from the rest."

"The way people treat you, is a statement about who they are as a human being. It is not a statement about you."

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