



Your Centre's NEWS



Diner's Delight

Date: Wednesday May 15, 2024

Diner's Delight plans an outing to the new Nick & Isa's at Gray Gables on May 15 at 5:30 p.m. Diner's will order off their comfort food menu. With reservations limited to 25 people, prompt booking by phoning the Centre is required to secure a spot at the table.

Please see the menu on the Kitchen bulletin board for choices available.

See you there!

The Centre is excited to announce its participation in the Pembroke Community Expo once again, taking place on Friday, May 10, from 4–8 p.m. and Saturday, May 11, from 10 a.m.–3 p.m.

We're currently seeking volunteers to join us at our display to answer questions, showcase the Centre, and review our latest newsletter. Your help, even if just for an hour or two, would be greatly appreciated in making this event a success.

If you're able to lend your time, please feel free to jot down your name on the whiteboard in the main activity room.

If you plan to attend, make sure you drop by our display say hi, and enter your name in our draw to win a door prize.

Thank you for your ongoing support and dedication to our community initiatives.



The Centre will be closed on Monday May 20, 2024 in recognition of the Victoria Day weekend.

Scheduled programs and activities will resume Tuesday May 21.

Enjoy the "official" start of cottage season and a great excuse to eat birthday cake in honour of Queen Victoria!!





Proud supporting partner of the Centre's monthly newsletter

THE CHARTWELL EXPERIENCE INSPIRE

Our 7 key emotional drivers:



IMMEDIATE acknowledgement

NAME recognition

SMILE & eye contact

PROPER greeting & parting statement

IMPACTFUL words

RESPOND to unexpressed needs

EMPATHY & care in all that we do

Our 5 step service recovery process:



HEAR their concern(s)

EMPATHIZE with their situation

APOLOGIZE regardless of fault

RESOLVE their concern

TAKE follow-up action

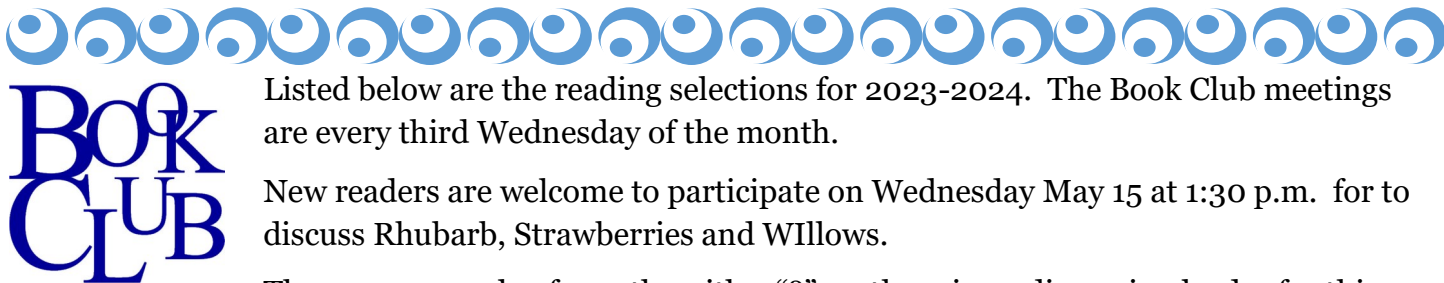
It's all about
**how you make
them FEEL.**

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Listed below are the reading selections for 2023-2024. The Book Club meetings are every third Wednesday of the month.

New readers are welcome to participate on Wednesday May 15 at 1:30 p.m. for to discuss Rhubarb, Strawberries and Willows.

There are a couple of months with a “?” as there is no discussion leader for this selection. If you are interested, please let us know.

MONTH <i>Discussion Leader</i>	TITLE	AUTHOR
May 2024 ?	Rhubarb, Strawberries and Willows (fiction)	Sylvia Barnard
June 2023	Choose books for 2023-2024	



WHAT’S YOUR LIFE TRYING TO TEACH YOU? LIFE LESSONS

Literature lovers can look forward to a special treat as well. The Book Club is thrilled to host author Sylvia Barnard for a discussion on May 15 on her book, "Rhubarb, Strawberries, and Willows." At 1:30 p.m.

With ample time to pick up the book and prepare, members are eager to engage with the author and delve into the themes of the novel.

Here’s a question - “what’s your life trying to teach you?”

This thought-provoking inquiry by J. Ian Henderson serves as the centerpiece of our "Life Lessons" group discussions, held on the first Wednesday of every month at 1:30 p.m., and **will be back at the Centre, with Life Lessons 16 & 17 will be the focus of discussion on May 1.**

If you're a newcomer interested in joining our enlightening discussions, please call the Centre at 613-735-1226 to register in advance. We look forward to welcoming you to our engaging and introspective group discussions!



Blair's Maple Products in Griffith, ON, presents a fantastic fundraising opportunity for the Centre. Indulge in their delicious maple syrup available in various sizes: 1 liter for \$28, 500ml bottles for \$15.00, and 250ml bottles for \$10.00. To support our fundraising efforts, please place your order with the volunteer on duty or the office, and savor the taste of locally sourced maple goodness while contributing to our Centre’s initiatives. Thank you Blair’s Maple Products for this partnership.



Streamline your activity experience by purchasing convenient activity coupons instead of scrambling for loose change. With the flexibility to buy coupons in any monetary amount, it's easier than ever to participate in your favorite activities hassle-free.



Lynn T. M.

Professional Level Kripalu Yoga Certification (2000)

Certified Kripalu Yoga Instructor (1992)

Experienced Beginners

Kripalu Yoga

Tuesday 4:30 –6 p.m.;

Saturday 10:30 a.m.

\$10.00/session

Just a little note

from Claudette on Kripalu Yoga

I am 81 years old and after undergoing a knee replacement, I amazed everyone with my rapid recovery, swiftly returning to my daily activities. I attest my dedication to practicing Kripalu Yoga, played a pivotal role in my rehabilitation, aiding in strengthening my muscles and improving my flexibility. With my consistent practice and determination I regained mobility and found myself back on my feet sooner than expected.

Way to go!

Michelle Renaud—Instructor - AND SHE’S BACK!

TUESDAY Chair Yoga @11:15 a.m.:

- 7 week begins May 14—June 25

Cost \$42.00/session

Wednesday Gentle Floor Yoga @ 11:15 a.m.:

- 7 week series begins May 15—June 26

Class limit 17

Please note there will only be one session/Wednesday

- **Cost \$42.00/session**

Thursday Chair Yoga + standing @ 9:45 a.m.

- 7 week series begins May 16—June 27

Cost \$42.00/session



Yoga special - register for any two sessions for \$78.00/2 week session—get 1 classes free!

Sign up for all three Yoga sessions (Tuesday Chair, Wednesday Gentle Floor and Thursday Chair and Standing) for \$114.00! Get two classes free!

A Zoom link will be issued at the beginning of the session as a choice to participate. Please keep the email and link fo refer to for the 7 sessions. To guarantee your inclusion in the Zoom link notification, please ensure you are registered one week prior.

If you would like to join mid- session, you may do so with a prorated rate based on \$6. per class on the weeks remaining.



Monday May 13, 10:00am.* New Time

We will meet at the river side property of Larry TerMarsh located at 1085 Rapid Road Westmeath (approximately 30 minutes from Pembroke).

Driving directions: Take Westmeath Road to the Village of Westmeath, proceed approximately 5 km North from the 4-way stop at Kenny's Store. Your destination is on the left. There is a long laneway to the Ottawa River with limited parking, you will be directed where to park. Today's backroad hike will lead us to Gervais Road ending at Sinkhole Trail and to the Ottawa River (approximately 2 hours return walk). We will walk by property owned by the Nature Conservancy of Canada where a large network of caves exist under the Ottawa River.

Monday May 20, 10: 00 am -

ONE HOUR WALK -

We will meet at the Pembroke Marina by the playground and walk along the Algonquin Trail . The plan is to walk one hour in total, a half hour out and half hour back to the parking lot. You will be pleasantly surprised at just how quick an hour of walking goes by.

Walking sticks are available at the Centre for anyone who would like to use them.

A great way to meet new friends and get active!

Note:

In the event of cancellation a message will be on the Centres telephone answering machine.



Join or Renew Your Membership



Renewing your membership ensures uninterrupted access to our array of activities and programs. A valid membership is required for registering in any of our engaging events and beneficial programs. Additionally, renewing your membership grants you the privilege to sign up for exciting trips and adventures. Don't miss out on the opportunities awaiting you – renew your membership today and unlock a world of experiences!

If you have renewed and don't have a current membership card or green parking pass, please ask the volunteer on duty or at the office. Without the green parking pass you may be at risk of a parking ticket.



- June 14—Presentation from Service Canada—Canada’s Dental Care Plan, creating My Account, different ways to Contact Service Canada, protecting your SIN
- June 19 (tentatively) join us for the Centre's Annual General Meeting (AGM), where you'll have the opportunity to hear comprehensive year-end reports, and insights into our achievements. This event also includes crucial elections for the Board of Directors, where you can participate in shaping the future of our community. Don't miss this chance to stay informed and contribute to the governance of our Centre.
- June date TBD—Ice Cream Social—YUM!

WOW June already!



PROGRAMS

- Acrylic/Oil Monday & Tuesday
New session begins May 6 & 7.
Pre-registrations required ; cost \$60 with the session ending June 17 & 18. Cheques payable to Helen Nephin.
- 4 week paint-along style with Robin Knox –Down on the Farm
Begins Friday May 24th—
\$80 all supplies included
Fridays 9:30 to 11:30 a.m. Pre-registration is recommended as this will allow Robin to prepare for the class.
- Peer watercolour sessions continue
Thursdays at 12:30 p.m.
- Drawing Mondays at 1 p.m.—Cari Jones Instructor. If interested in this class, please drop in before the class begins and talk to Cari.

metro RECEIPT PROGRAM

The Centre is continuing with the Metro's Receipt Program, realizing a 1% credit of the total submitted receipts. This credit is used to purchase supplies.

When shopping at Metro and your order is \$25.00+ (before taxes), please ask for your receipt to be stamped.

Please drop off your stamped receipts in the wall file in the level 1 kitchen.

Thank you to Laretta Handke for tabulating the receipts.

*It's hard to
FORGET
someone
who gave us
so much to
remember*

The Centre has lost two Board members who gave their time at the Centre, **Lynn Miller and Elizabeth Hinson.**

Lynn passed away peacefully on March 15, 2024. Our sympathies are extended to her husband and best friend David , and all who are survived by her passing.

Lynn was an ardent advocate for the Centre's exercise program, leveraging her expertise as a Board member. Her effervescent personality radiated through all her endeavors, leaving a lasting impression on everyone she encountered. Whether it was a casual encounter or a formal meeting, Lynn greeted everyone with a warm smile and a genuine hello. She embraced life with a full glass, embracing every moment without regrets. A celebration of her remarkable life will be held at a later date to honor her legacy and the impact she made on those around her.

Elizabeth, passed away peacefully on April 18, 2024. Our sympathies are extended to her sons, Robert and Timothy and her brothers and sister Donna Lance (Centre's Tai Chi Thursday morning instructor aid).

Elizabeth's dedication to the Centre and its members never waned, even as her health declined. Despite her resignation, her presence continued to be felt through her thoughtful gestures and messages. Her tenure as Chair was marked by her unwavering commitment to fostering a sense of community and compassion among all involved. Elizabeth's understanding of the importance of connection enriched not only the Centre but also the lives of those she touched.

Visitation is at the Murphy Funeral Home 296 Isabella Street, Pembroke on Friday May, 3, 2024 from 2-4 p.m. and 7-9 p.m. A funeral service will be held at 10:30 a.m. on Saturday, May 4, 2024 at St. Timothy's Lutheran Church.

Gone from our sight but never from our memories!



It is imperative that all attendees of Centre's activities prominently display their parking pass on the dashboard of their vehicles when utilizing the limited parking spaces allocated for such events.

The scarcity of available parking necessitates strict adherence to this policy. **It is expressly requested that individuals refrain from occupying these spaces when not actively participating in Centre's activities.** To enforce compliance, the City's Parking Authority conducts periodic checks, and failure to display a valid parking pass may result in the issuance of a parking ticket.

For those in possession of an accessible parking permit, three public spaces have been designated in front of the Centre for their convenience. The first of these spaces is positioned adjacent to the walkway, serving as a ten-minute drop-off area. To facilitate easy identification, the City will once again be installing clear and conspicuous signage to determine these specific parking spots. This provision aims to accommodate individuals with accessibility needs and ensures that they have convenient access to the Centre without encountering any undue challenges.

Please be considerate and refrain from parking in the driveway in front of the back walkway. This area is not designated for Centre's members. A note on the neighbor's garage clearly indicates this restriction. Let's ensure we respect our neighbors' space and adhere to the designated parking areas. Thank you for your cooperation.



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The Ontario Volunteer Awards recognize the outstanding contributions of volunteers across the province, celebrating their dedication and impact on communities. Through these awards, individuals and groups who selflessly give their time and effort to improve the lives of others are honored and appreciated.

It is with great pleasure to announce this year's Centre's recipients of Ontario's Volunteer Service Awards:

- Ellen Mooney—5 years
- Deb Brown—10 years
- Rose Smith—10 years
- Lorne Troutman—10 years
- Laretta Handke—25 years

All of the volunteers at the Centre are the heartbeat of our community, offering their time, skills, and dedication to enrich the lives of those we serve. Their unwavering commitment embodies the spirit of compassion and solidarity, making a profound difference in the lives of many.





May 2024

Mon	Tue	Wed	Thu	Fri	Sat
Please note—Friday May 3 @ 1 p.m. the Centre will host the Renfrew County 55+ Games Bid Euchre event.		1 9 a.m. Active Fit 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir	2 8:30 a.m. Active Fit 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	3 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	4 10:30 a.m. Kripalu Yoga
6 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Drawing	7 10 a.m. Mid Mobility 1 p.m. Let's get-fit-a-bit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga	8 9 a.m. Active Fit 1 p.m. Cribbage 1 p.m. Mahjong No choir today	9 8:30 a.m. Active Fit 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	10 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 4– 8 p.m. Pembroke Community Expo @ PMC	11 10:30 a.m. Kripalu Yoga Pembroke Community Expo @ PMC 10 a.m.—3 p.m.
13 9 a.m. Active Fit 9:30 a.m. Oil Painting 10 a.m. Walk 'n Talk 10:30 a.m. Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts	14 9:30 am Painting 10 a.m. Mid Mobility 11:15 a.m. Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	15 9 a.m. Active Fit 11:15 a.m. Gentle Floor Yoga 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir 1:30 Book Club 5:30 p.m. Diner's Delight	16 8:30 a.m. Active Fit 9:45 a.m. Chair & Standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	17 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	18 10:30 a.m. Kripalu Yoga
20 Centre Closed Victoria Day 10 a.m. Walk 'n Talk	21 9:30 am Painting (Make up day) 10 a.m. Mid Mobility 11:15 a.m. Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	22 9 a.m. Active Fit 11:15 a.m. Gentle Floor Yoga 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir	23 8:30 a.m. Active Fit 9:45 a.m. Chair & Standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	24 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours—New session 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	25 10:30 a.m. Kripalu Yoga
27 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 pm. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts	28 9:30 am Painting 10 a.m. Mid Mobility 11:15 a.m. Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	29 9 a.m. Active Fit 11:15 a.m. Gentle Floor Yoga 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir	30 8:30 a.m. Active Fit 9:45 a.m. Chair & Standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	31 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours— 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	