

THE LEISURE LINK

JULY '20

Celebrating 30 years of excellence, 1990 - 2020



Coming up: See Inside

Update on Reopening
Sudoku
Recipes

Useful links & websites
Update on AGM



OUR MISSION...

The Tillsonburg Senior Centre provides high-quality, inclusive recreational programs for those age 50-plus which support physical, mental and social wellbeing.



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FROM THE OFFICE

FROM THE PRESIDENT

Hello, Seniors! Not much to report this month. I do hope you are all keeping well. Many places have reopened but with caution. Just what our future holds is still a mystery.

I am taking a short break as President to take care of some personal issues that have arisen, and Karen Smith will be filling in for me.

I don't know about you folks, but sitting around too much I have put on 9 pounds! When we reopen I may have to roll in! Until then, take care and enjoy the summer. Nancy and Niki thanks for what you're able to do for us by keeping us informed. Bless you

Gayle Vermeersch

FROM THE BOARD

Happy Canada Day from your Senior Centre Board! Like every other special occasion and event of 2020, Canada Day will be different for all of us this year. But even though our celebrations will be virtual and our visits will be socially distant, it's a great time to reflect on all the reasons we are proud and grateful to live in Canada.

The Board is continuing to meet monthly by conference call, with the focus on planning for the new normal when we are able to open the doors and welcome you back. We don't know when that will be, but we'll be taking our lead from the Government and the Town of Tillsonburg. In the meantime we're doing some advance planning and preparation, and you can be assured the health and safety of our members will be the top priority in any reopening plans.

Finally, we would like to thank Nancy and Niki for the many, many new and creative ways they've kept our members engaged, informed and entertained while the centre is closed. Well done!
We look forward to seeing you soon, but in the meantime, stay safe and stay healthy.

Karen Smith on behalf of the Board of Directors

A NOTE FROM NANCY

As I write this, we begin the month of July, and the Province has now entered Phase 2 of reopening. We're holding our breath that by the fall, we'll be poised to phase in some of our regular programs again. Rest assured, we're taking our time and making every decision in this regard carefully based on the best practices and most up-to-date information available to us, and while taking our lead from the Town and the Province. A return to business will mean things at our Centre will likely look quite different than pre-quarantine, but I'm confident that with continued co-operation and patience, we'll all adapt well to our 'new normal.'

We have lots for you in this edition of the Link. In particular, please note that Niki is starting her second round of calls to any of our members who did not register an email address with us when they joined up. That being said, I know there are those of you who WERE on our pre-covid newsletter list who have, for whatever reason, not joined the new group format that we had to implement in order to continue sending bulk email.

If you know or hear of ANYONE who WANTS to start receiving our communications, please direct their attention to Page 10 of this newsletter and have them contact me directly. We can ALWAYS add new members to our group and are happy to do so.

Similarly, if you have the luxury of being a technologically connected senior, but know those who aren't, I'd encourage you to pick up the phone and contact those folks to share any of this information, particularly that around reopening plans.

This is a bittersweet message for me, as this month we had so many fun things planned for you, including our Food and Wine tour with Great Canadian. That has, of course, been cancelled, and once we reopen we'll set about deciding if or when we want to reschedule, or how to go about dealing with refunds and credits.

In the interim, I encourage you to stay safe and healthy, and to stay connected with your Senior Centre friends until we meet again.

-Nancy Boutin, Administrator



NIKI'S NEWS

Hello? How are you....Senior Centre calling. I will be making a second round of calls to all our members. Back in April I reached our members without email. How are you doing?? Just a heads up, since Nancy and I are currently working remotely, your phone MAY say *unknown caller* on the call display. You can also get in contact with me by email coordinator.seniorcentre@gmail.com or call the senior centre office 519-688-2520 and leave a voicemail.

Happy Canada Day, Everyone!! On July 1, 1867, the *British North Americas Act* created the Dominion of Canada as a federation of four provinces. This event is known as the confederation of Canada. The anniversary of this date was called Dominion Day until 1982. On October 27, 1982, July 1st the name was changed from Dominion Day to "Canada Day." July 1 is the 182nd day of the year, and there are 183 days left until the end of the year, making it very close to the halfway point of the year. 2020 is a leap year, meaning we're exactly half way through the year.



More Interesting Canadian Facts...

- The name Canada derives from an Iroquoian word for "village," kanata, that French explorers heard used to refer to the area near present-day Quebec City.
- The capital of Canada is Ottawa, Ontario.
- At 3,855,103 square miles, Canada is the second largest country in the world, behind Russia.
- Her Majesty Queen Elizabeth is Canada's Head of State and the Queen of Canada.
- Canada's land is divided into ten provinces and three territories. (The ten provinces are Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Saskatchewan. The three territories are Northwest Territories, Nunavut, and Yukon.)
- The east coast of Canada was settled by Vikings around the year A.D. 1000. Archaeological evidence of a settlement has been found at L'anse aux Meadows, Newfoundland.
- Canada has the longest coastline of any country in the world at 151,600 miles.
- Canada contains 9% of the world's renewable water supply.
- The world's strongest current is found in the Nakwakto Rapids at Slingsby Channel, British Columbia. The current has been measured at speeds up to 18.4 miles per hour.
- Canada has more donut shops per capita than the United States does.
- Canada's national animal is the beaver.
- Canada's two official sports are lacrosse and hockey.
- Canada's national colors are red and white.
- Canadians consume more Kraft Dinner (aka Kraft Macaroni & Cheese) per capita than any other nationality on earth.
- More than 75% of the world's maple syrup comes from Canada - and what's more, Canada keeps an emergency reserve of maple syrup for emergencies.

Sending you warm and sunny wishes on the 1st of July.

Niki Kamps-Program Coordinator.



REOPENING PLANS

If you've watched the news even a little bit since this period of quarantine began, you know that situations change almost daily in terms of what is and isn't permitted for the health and safety of Canadians. In terms of reopening the Senior Centre, this is no different.

Although we can't wait to see all of you fine folks again very soon, there are several considerations to be made before programming resumes. Your Board of Directors is taking its cues on reopening from a number of bodies including Health Canada, the Province of Ontario, Southwestern Public Health and the Town of Tillsonburg, and is thoroughly and carefully weighing out options for a safe, successful reopening.

After discussions with The Town, and reviewing the guidelines and restrictions that remain in place in Ontario, we can now say that the earliest possible reopening of our Centre would take place this fall, however we must emphasize that *this timeline is subject to change* based on government directives. Although we miss everyone and look forward to seeing you, there are so many things that have to happen, so many decisions that have to be made, and at the centre of all of these as our number one priority, is your health and safety.

To that end, our intrepid Programmer, Niki, is reviewing all our programs to see which can be phased in first, and what accommodations, if any, will be required to make those happen. She's looking at room use, and talking with your instructors for their feedback and input on reopening strategies.

Although at this point there are still a lot of questions that we have to wait on the Province to answer, you can be sure of a few things:

1. We will reopen, and when we do we'll have measures in place to ensure everyone who comes to us to participate in an activity does so safely.
2. Things will look a bit different when we reopen, and operations and procedures may be a bit different, but we're still focusing on providing fun, high-quality activities for you, our members.
3. We see this as an opportunity – an opportunity to make things better, safer and more efficient for you, and to maybe even add some dynamic new programs or activities for you to enjoy.

In the interim, we thank all of you so much for your ongoing support of our Centre, its staff and the Board of Directors. Rest assured it's complicated navigating a situation none of us have been in before, but united in the desire to reopen and provide a fun, safe and secure place for our members to enjoy activities, we'll do just fine. Thanks again for your patience, and we look forward to seeing you soon.

FRIDAY FAVOURITES WITH NIKI

Every Friday, join Niki at 10 am as we discuss our favourite things. During these challenging times we could all use a break from the news. So let's take a moment to talk about the things we love. Each week we will discuss a different topic. If you have a favourite topic you want to discuss let Niki know and we'll be sure to cover it. You can email Niki at coordinator.seniorcentre@gmail.com, leave us a message on Facebook or you can leave a voicemail at 519-688-2520. We can't wait to learn about all your favourite things.

Topic: Friday Favourites
Join Zoom Meeting
Friday morning, 10 am
Join Zoom Meeting

<https://us04web.zoom.us/j/71061756603?pwd=RXpSZVdpeVVDS1gwYm40eGEzZHBzd09>

Meeting ID: 710 6175 6603

Password: seniors1

HELP US SPREAD THE WORD

Do you live in a seniors' apartment building or housing complex? Do you belong to a church, organization or service group that reaches a lot of seniors? If so, please consider grabbing an extra copy or two of our newsletter every month, and sharing it. It can be as simple as dropping it off in a lounge or common space at your apartment building, sliding one under the door of someone who may be interested, or posting a couple on a community events board for your group. We want people to learn all about the good things we do here, and to try and reach new members, so please help us reach our goal!

WEBSITES TO WATCH

For the latest on local updates and information please check:

www.tillsonburg.ca/covid19

www.tillsonburgseniorcentre.com

www.tillsonburgnews.com

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

<https://www.swpublichealth.ca/content/community-update-novel-coronavirus-covid-19>

VOLUNTEER CALLERS

Thanks to everyone who volunteered to help us call and check in on our members during this time of quarantine. Our volunteers have now been assigned a call buddy and will be starting their calls soon. If you or someone you know would like to receive a call once or twice a week, let me know either by email at nboutin.tillsonburgseniorcentre.com as we still have volunteers without people to call!

Thanks to our callers Rick Aubrey, Linda Zilic, Nancy Puhr, Louise Ross, Marilyn Byer and Debbie Verbrugge.

SENIOR DENTAL CARE PROGRAM

Ontario is committed to keeping seniors healthy but untreated oral care can lead to future chronic diseases and reduced quality of life. That is why our government launched the Ontario Seniors Dental Care Program, which will provide free routine dental care for eligible low-income seniors across the province.

Ontarians aged 65 and over with an income of \$19,300 or less, or couples with a combined annual income of \$32,300 or less, who do not have dental benefits, will qualify for the Ontario Seniors Dental Care Program. The new dental care program will be available through public health units, including some mobile dental clinics, as well as participating Community Health Centres and Aboriginal Health Access Centres.

A new user-friendly web portal to apply for the program is now open and can be accessed via . Seniors can also pick up an application form at their local public health unit. To find out more, please call: **416-916-0204** Toll-Free **1-833-207-4435** TTY **1-800-855-0511**

Check out our new website: www.tillsonburgseniorcentre.com

Recipe: Cooked Barbecue Sauce

This sauce combines Nancy Boutin's homemade cooked barbecue sauce with a few additions courtesy of YouTuber Shotgun Red. It is DELICIOUS. This recipe makes enough for a large Mason jar – but it won't last long!

Ingredients:

- 1 can Rotel Tomatoes with Green Chiles (mild)
- 2 cups ketchup
- 3-4 anchovy fillets (yes, I'm serious)
- ½ cup molasses
- ½ cup brown sugar
- ½ cup very finely minced onion
- ¼ cup frozen orange juice concentrate
- ¼ cup honey
- ¼ cup grape jelly
- ¼ cup apple cider vinegar
- ¼ cup apple juice
- 1 tsp dry mustard
- 1 tsp. garlic powder
- 1 tsp onion powder
- 2 tsp black pepper
- 1/8 tsp cayenne pepper
- ¼ tsp liquid smoke (if available)
- 1 tbsp instant coffee granules combined with 1 tbsp hot water

Put the ketchup in a crock pot on LOW. In a blender or food processor, puree the tomatoes and anchovy fillets until smooth. Add these to the ketchup, then add the rest of your ingredients. Keep an eye on the crock pot, lid off, for 2 hours or until thickened, stirring occasionally. DELICIOUS

						8		6
4		5	6	9			1	
		9			2	4		
5					3		8	
		7	8		9	6		
	9		2					3
		4	7			1		
	6			4	1	7		8
7		3						

SOLUTION:

4	9	2	5	8	9	3	1	7
8	5	7	1	4	3	2	6	9
9	3	1	6	2	7	4	5	8
3	4	5	7	6	2	8	9	1
1	2	6	9	5	8	7	4	3
7	8	9	3	1	4	6	2	5
5	7	4	2	3	1	9	8	6
2	1	3	8	9	6	5	7	4
6	9	8	4	7	5	1	3	2



Community Corner

If you belong to a group that's hosting a program, event or activity that may be helpful to a senior in need, please let us know so it can be included in our monthly newsletter! Submissions should be received by 4 pm on the last Monday of the month for inclusion in the coming month's newsletter.

Oxford County Community Health Centre

Do you need help completing forms, navigating the system, with advocacy, getting community resources and support during appointments? We can help. We're located in Woodstock on Tuesdays and Thursdays, 9 am – 11 am and in Tillsonburg on Thursdays, 9 am – 11 am at the Livingston Centre. Contact us as follows:

Woodstock: Katelyn Elliott: 519-539-1111, ext. 238 or kelliott@oxchc.ca

Ingersoll: Amanda Cook: 519-539-1111, ext 248 or acook@oxchc.ca

Tillsonburg: Amanda Cook: 519-842-9000, ext 323 or accok@oxchc.ca

The Tillsonburg District Multi-Service Centre offers a host of FREE services designed to help seniors and others in our community. You can check out www.multiservicecentre.com and www.thelivingstoncentre.com for more information. Need a computer to get online? The Tillsonburg Senior Centre has one accessible anytime during business hours (Monday to Friday, 9 am to 4 pm), FREE of charge!

Looking for information on transportation? Meals and nutrition? Safety? Health and wellness? What about links to other community supports, education and support in the home? Instead of calling six different numbers, dial just once: 1-888-866-7518 will get you to Oxford Support Services, and a friendly voice will direct your call accordingly. This initiative is designed to promote independent living through prevention, early intervention, self-management and education. Open to older adults, persons with disabilities, brain injuries or dementia. One call, one go-to person, for all the services you need to stay at home. Learn more at cssontario.ca #SupportedAtHome.

HOME *not* ALONE

Mark Cheron
www.homenotalone.net

housesit49@yahoo.com
phone: 519-842-3836

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800-616-8878 x7202 Cody.Furlong@firstontario.com

157 Broadway
Tillsonburg, Ontario N4G 3P7

PROGRAM INFORMATION

Please note: All programs and activities at the Senior Centre are on hold until further notice in an effort to help curtail the spread of COVID-19. Please watch our website, Facebook page and check your e-mail for the latest updates. We hope to see you all very soon! Also, be sure to subscribe to our YouTube channel so you see our latest video posts!

Annual General Meeting

As many of you folks may know, we're not able to have our regularly scheduled Annual General Meeting right now, due to restrictions on group size, and social distancing. Provincial legislation has given us up to 90 days AFTER the state of emergency has been lifted in order to organize and carry out an AGM in a way that's safe and accessible for our members, so once we return to normal operations, please watch for that. Until that time, however, I'd like to share a short overview of 2019 with you.

We had a really busy 2019 and enjoyed several new events and activities including a great show by Kiley Joe Masson, who will be coming back to help us celebrate our 30th anniversary once we're able to do so. Our accessories sale was a great success, and we saw great growth in many of our programs like shuffleboard, fitness and choir. We were pleased to obtain a bingo license from the Town, and to see our attendance swell there as well.

During 2019 we were thankful for the support of so many organizations including Tillsonburg Retirement Residence who sponsored our quarterly birthday bashes and brought McHappy Day to our members, and to Harvest Crossing, who helped out with calling and sponsoring Bingo for a bit. We also received a fantastic grant from the Alabastine-Wilkinson Foundation through the Oxford Community Foundation for new tables and chairs, and we once again were awarded funding through the OACAO and Ministry for Seniors and Accessibility to host a Health Fair, which we did very successfully in February, 2020.

Fiscally, we ended 2019 in a strong financial position, with a nominal deficit of just \$936, attributable to careful spending and thorough budgeting. Our Auditor, from Millard, Rouse and Rosebrugh, will be on hand to give a full financial report when we host our Annual General Meeting. Other programs will have an opportunity to submit a report at that time as well.

Please stay tuned for details about when our meeting may take place, and on behalf of the staff and Board of the Senior Centre, a hearty thank-you to you, our members, for making this place the happy, hopping place it is! We look forward to seeing you all again soon!

Nancy Boutin, Administrator.



TILLSONBURG SENIOR CENTRE

Don't forget to like us on
FACEBOOK!

TILLSONBURG SENIOR CENTRE 2019/20 BOARD of DIRECTORS

Gayle Vermeersch – President

Karen Smith – Vice-President

Carlton Ross – Treasurer

Toni Keuls – Director

Diane Cote – Director

Susan Charby – Secretary

Helen Thompson – Director

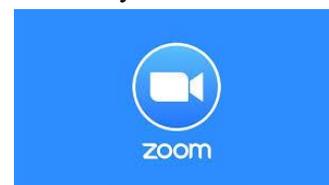
Lorraine Gilbert – Director

COVID-19 AND YOUR SENIOR CENTRE MEMBERSHIP

I'm sure many of our members will be wondering what, if anything, will happen to their Senior Centre memberships because of this interruption of service by COVID-19. Well, the short answer is: we're working on it! Our Board continues to meet via conference call during this time of social distancing, and how we plan to offset this disruption in programming is one of many topics we have to deal with. As yet, I can't say how this will be handled, only that it is on our radar, and as soon as we know more about how and when a return to operations will take place, I'll be sure to pass that on to you!

JOIN US FOR COFFEE – VIRTUALLY

Hey, folks! If you'd like to catch up with some of your fellow members, join us every Wednesday at 10 am for a virtual ZOOM coffee (or tea) break. Joining is easy and you can participate whether you have a desktop, laptop, tablet, iPad or smartphone. Simply follow the link below, follow the prompts and enter the meeting ID when asked for it. You will need a working camera on your device in order to be able to see us, but I believe you can also join without video, if that's more in your comfort zone. We talk about all manner of things and it's GREAT to see familiar faces. Join us! By the way, ZOOM is free and easy to use! If you have questions or concerns about using ZOOM, email me in advance: nboutin@tillsonburgseniorcentre.com



Topic: Nancy Boutin's Zoom Meeting

Time: June 3, 10, 17, 24 2020 10:00 AM America/Toronto

Join Zoom Meeting

<https://us04web.zoom.us/j/7395620893>

Meeting ID: 739 562 0893

Password: **Seniors1**

Please use the same link for all meetings!

HOW TO JOIN OUR EMAIL GROUP

Hi Folks! Every day, at least once, we email our subscribed group members with cool links or things to do online, senior centre updates, recipes and links to our newly uploaded YouTube videos. You can join this group at any time and you don't have to be a senior or a senior centre member to do so. To join, just email me at nboutin@tillsonburgseniorcentre.com and ask to be added to the daily email. Once I get your request I'll send you an invitation to join. You NEED to accept or join when you see that email. After that, you'll start getting daily communications from us. NOTE: Please let me know in writing if you DON'T get an email within a day or so of you accepting our join request. ALSO – if you know of folks who don't have a computer or the Internet, please consider joining and passing this info along to them over the phone or by printing out anything they may find interesting.

Recipe: Settler's Baked Beans - from Susan Charby

1 lb. ground beef, browned and with fat drained off
 1/2 cup chopped bacon or sausage
 1 medium onion, chopped
 1 can red kidney beans, drained
 1 can pork and beans
 1 can lima beans, drained
 1/3 cup brown sugar
 1/3 cup white sugar
 1/4 cup barbeque sauce, Kraft regular is the best
 1/4 cup ketchup
 1/2--1 tsp. chilli powder
 1 tsp. prepared mustard
 Salt and pepper to taste

Brown beef, bacon and onion. Add and mix kidney beans, pork and beans, lima beans. Mix together remaining ingredients and add to the bean mixture. Mix well. Pour into casserole dish and bake at 350 F. for 1 hour.

TRIVIAL KNOWLEDGE – Submitted by Janice Hardy

'A SHOT OF WHISKEY' - In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash, he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.

BUYING THE FARM - This is synonymous with dying. During WW1 soldiers were given life insurance policies worth \$5,000. This was about the price of an average farm so if you died you "bought the farm" for your survivors.

IRON CLAD CONTRACT - This came about from the ironclad ships of the Civil War. It meant something so strong it could not be broken.

RIFF RAFF - The Mississippi River was the main way of travelling from north to south. Riverboats carried passengers and freight but they were expensive so most people used rafts. Everything had the right of way over rafts which were considered cheap. The steering oar on the rafts was called a "riff" and this transposed into riff-raff, meaning low class.

COBWEB - The Old English word for "spider" was "cob".

SHIP STATE ROOMS - Travelling by steamboat was considered the height of comfort. Passenger cabins on the boats were not numbered. Instead they were named after states. To this day cabins on ships are called staterooms.

SLEEP TIGHT - Early beds were made with a wooden frame. Ropes were tied across the frame in a crisscross pattern. A straw mattress was then put on top of the ropes. Over time the ropes stretched, causing the bed to sag. The owner would then tighten the ropes to get a better night's sleep.

SHOWBOAT - These were floating theatres built on a barge that was pushed by a steamboat. These played small towns along the Mississippi River. Unlike the boat shown in the movie "Showboat", these did not have an engine. They were gaudy and attention grabbing which is why we say someone who is being the life of the party is "showboating".

OVER A BARREL - In the days before CPR, a drowning victim would be placed face down over a barrel and the barrel would be rolled back and forth in an effort to empty the lungs of water. It was rarely effective. If you are over a barrel, you are in deep trouble.

BARGE IN - Heavy freight was moved along the Mississippi in large barges pushed by steamboats. These were hard to control and would sometimes swing into piers or other boats. People would say they "barged in".

HOGWASH - Steamboats carried both people and animals. Since pigs smelled so bad they would be washed before being put on board. The mud and other filth that was washed off was considered useless "hog wash".

CURFEW - The word "curfew" comes from the French phrase "couvre-feu", which means "cover the fire". It was used to describe the time of blowing out all lamps and candles. It was later adopted into Middle English as "curfeu" which later became the modern "curfew". In the early American colonies homes had no real fireplaces so a fire was built in the centre of the room. In order to make sure a fire did not get out of control during the night it was required that, by an agreed upon time, all fires would be covered with a clay pot called-a "curfew".

BARRELS OF OIL - When the first oil wells were drilled, there was no provision for storing the liquid so they used water barrels. That is why, to this day, we speak of barrels of oil rather than gallons.

HOT OFF THE PRESS - As the paper goes through the rotary printing press friction causes it to heat up. Therefore, if you grab the paper right off the press, it's hot. The expression means to get immediate information.

There, don't you feel smarter now?

Also, Betcha Didn't Know ...

The liquid inside young coconuts can be used as a substitute for Blood plasma.

No piece of paper can be folded in half more than seven (7) times. Oh, go ahead .. I'll wait...

Donkeys kill more people annually than plane crashes or shark attacks.

You burn more calories sleeping than you do watching television

Oak trees do not produce acorns until they are fifty (50) years of age, or older.

The first product to have a bar code was Wrigley's gum.

The King of Hearts is the only king without a moustache

American Airlines saved \$40,000 in 1987 by eliminating one (1) olive from each salad served in first-class.

Venus is the only planet that rotates clockwise.

(Since Venus is normally associated with women, what does this tell you?)

(That women are going in the 'right' direction...?)

Apples, not caffeine, are more efficient at waking you up in the morning.

Most dust particles in your house are made from dead skin !

***** **

The first owner of the Marlboro Company died of lung cancer.

So did the first 'Marlboro Man'.

Walt Disney was afraid of mice !

Pearls dissolve in vinegar !

The ten most valuable brand names on earth:

Apple, Coca Cola, Google, IBM, Microsoft, GE, McDonalds, Samsung, Intel and Toyota, in that order.

A duck's quack doesn't echo, and no one knows why.

Dentists have recommended that a toothbrush be kept at least six (6) feet away from a toilet to avoid airborne particles resulting from the flush.

Remember, knowledge is everything, so pass it on... Now go move your toothbrush!