

# 55 & Better Club

Puce Sports and Leisure Centre

962 Old Tecumseh Road, Puce  
519-727-0470 – 1-877-249-3367

November  
2010

# Newsletter

## Pepper Tournament

Come join us on November 12<sup>th</sup>, at 12pm. Come try some of Pat's soup to be served before the tournament for all who attend. We are asking that all participants bring in can good item(s) to help the Lakeshore Community Services Food Bank.

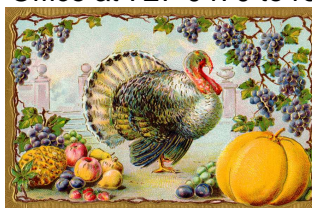
If you are interested in signing up for the tournament please call the Services Office at 727-0470 to reserve your seat.



## Turkey Bingo

Come join us for a night of bingo on Friday, November 19<sup>th</sup> at 5pm. There is a small fee of \$10 per person for 10 games. There will be prizes of turkey and ham. The grand prize will be a grand basket with all you'll need for your Christmas dinner.

Call Recreation Services Office at 727-0470 to reserve a seat.



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## Stay Active in 2010

Looking to get in shape, stay active or simply looking to have fun?

There is always something going on to keep you moving along. We have a great selection of programs in which you can participate.

Ballroom Dancing  
Line Dancing  
Wii Fit  
Scrabble  
Indoor Walking  
Pilates

Guitar Lessons  
Shuffleboard  
Yoga  
Computer Classes  
Photography course  
Tai Chi

Pickleball  
Fitness classes  
Trail walking with instructor  
Monthly workshops  
Zumba Gold  
Quilting & Sewing



## Social Gatherings

Looking for Social get-togethers? Check out our monthly schedule of events for our social gatherings. There is something for everyone, such as dances, walking clubs, and scrabble. We welcome any and all ideas you might have to improve our social scheduling.

Come to pick up a schedule of events, call us at 727-0470 or visit the website at [www.pucerecentre.com](http://www.pucerecentre.com) or [www.lakeshore.ca](http://www.lakeshore.ca)

### **In motion Fitness Walk Program on Lakeshore's walking trails**

This powerful class features a warm up at the beginning and a stretch at the end. In between, is an energizing walk featuring different routes along the trails in the area. Talking laughing, and fresh air are added benefits to this walking program for adults of all ages and fitness levels. Meet Friday mornings at 9:30am – Trails selected for this program include the St. Joachim's new walking trail, Comber Park and Centennial Park in Puce. Instructor will assign the rotation of the trail. **FREE for all residents. Special welcome** to our urban pollers as well! Contact Recreation Services for details on the rotation at 727-0470

### **November 5 and 6<sup>th</sup>**

**Life After 50 Event:** November 5 & 6 – WFCU Centre, Windsor – Southwestern Ontario's Baby Boomer & Seniors Lifestyle Event. Come join Lakeshore in promoting our 55 & Better activities. Visit [www.lifeafter50event.com](http://www.lifeafter50event.com) or listen to AM580 for ongoing promotion.

## 55 & Better Club Schedule of Activities

<b>STARTS WEEK OF SEPTEMBER 13<sup>TH</sup></b>						
<b>SCHEDULE OF ACTIVITY – 55 &amp; Better + regular Adult Schedule</b>						
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Sat.</b>	<b>Sun</b>
Indoor walking daily am Free Oct.-April	Indoor walking daily am Free Oct-April	Indoor walking daily am Free Oct-April	Indoor walking Daily am Free Oct-April	Indoor walking daily am Free Oct-April		Ball Room Dance Oct 17th to Nov. 21 <sup>st</sup> 3pm-4:30pm 6 weeks \$50
Pickleball 10am-12pm \$2	Shuffleboard 9am gym Drop in \$2 Sept-Dec	Sewing & Quilting The easier way! 9:30am Free – starts Sept 15th	Guitar Lessons Free 7 to 9 pm	Pickleball 10am \$2		
Scrabble 1pm-3pm Free	Tai Chi 1pm Contact Taoist Society 255-9744 To register	Restorative Yoga Classes 8-9pm 8 wks-\$64 Contact Cathrine @996-9642	Computer Classes 1pm Free			
Senior Fitness \$30 6 weeks Starts Nov 8 <sup>th</sup> -10:30am	All level YOGA 7-8pm 6 wks-\$60 Nov 2 <sup>nd</sup>	Senior Fitness \$30 6 weeks Starts Nov 8 <sup>th</sup> 10:30am	Tai Chi 6:30pm Contact Taoist Society 255-9744 To register			
	New Pilates Class 9:30am- 10:30am 8 wks-\$40					

**Many other on going scheduled activities & programs (see adult schedule) posted on line at [www.pucerecentre.com](http://www.pucerecentre.com) or [www.lakeshore.ca](http://www.lakeshore.ca) or contact Recreation Services at 519-727-0470 for all details**

**Coming in December:**

**Wreath building Workshop**

Come join us December 10<sup>th</sup> to create your own Christmas wreath. Contact Recreation Services at 727-0470 to reserve a place prior to November 26th.

Many thanks to Royal Oasis Pharmacy for your ongoing generosity towards our programs and event initiatives!!

**Royal Oasis Pharmacy!**

Team care for your medication needs and so much more such as:

- Fast Friendly Service
- Appointment Based Medication Reviews
- Private Counseling
- Weekly Medication Dose Packing
- Diabetic Training
- Blood Pressure Checks & Monitoring
- Custom Compounding ☺

To have your prescriptions transferred from any pharmacy to Royal Oasis please call 519-727-6800 or speak to any of our pharmacy staff.

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**Quote of the Month** –

All our dreams can come true, if we have the courage to pursue them.

(- Walt Disney)