

# July 2024



THOROLD  
CENTRE **50+**

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**Brenda Bator**

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*2<sup>nd</sup> Vice President*  
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*Recording Secretary*  
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**Steve Stoyanoff**  
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**THOROLD SENIOR  
CITIZENS ASSOCIATION**  
**8 Carleton Street S.**  
**Thorold, ON**  
**L2V 5C2**  
**905-227-2161**  
**Membership - 2024**  
**\$80 a year**  
**+ \$5 key card deposit**  
**Life Members \$40**  
**[www.thoroldseniors.ca](http://www.thoroldseniors.ca)**



**Dear Members,**

What a summer we have been having! It's been hot, hot, and hotter. We hope you are finding ways to stay cool and enjoy this sunny season.

As we reflect on our recent Canada Day celebrations, it's clear that the heat didn't stop us from having a fantastic time. Whether you were attending community events, enjoying fireworks, or simply spending time with family and friends, we hope your Canada Day was filled with joy and memorable moments.

We have some exciting events and updates at the centre:

- **Pop-Up Market on July 19th:** Miriam Mitchell, from the Government of Canada, will be here from 11 am-12 pm, to speak about the Dental Benefit Plan being offered to Seniors. It's a fantastic opportunity to gain valuable insights directly from an expert in the field. Come out to hear Miriam and you can stay for a free lunch.
- **BBQ and Pop-Up Market on July 26th:** Join us for a BBQ outside in the park, along with a pop-up market. It's a perfect occasion to enjoy delicious food, shop, and socialize with fellow members and the community.
- **New Fall Classes:** We are excited to announce that we will be offering many new classes in the fall. We are working on introducing new stretching classes and high-density training classes to keep you active and healthy.
- **Yard Sale in September:** We will also be having a huge yard sale in September. Please remember us when you have items to give away. We can always use smallware's, housewares, and other items. Your donations will be greatly appreciated and will help support our community activities.

Thank you for being a valued member of our group. Your participation and enthusiasm make our Centre vibrant and strong. If you have any suggestions or feedback, please don't hesitate to reach out. Stay cool, stay safe, and let's make the most of this summer together!

Warm regards,

Benda Bator

## July/August Events:

**Monday Bingo Lunches at 12:00 menus vary \$5.00**

There will now be sign up sheets for each week to help with estimates of food needed. Thanks! **Bingo at 1:00pm**

**Tuesday Cooking Class at 11:00 am-1:00 pm** Next class session is focusing on **Weight Loss**. **Classes begin July 9<sup>th</sup>** for a four-week session. Upcoming sessions can be reserved at the Centre and session blocks to be paid in full by start of classes.



**Wednesday Evenings 7:00pm TOPS meetings.**

**Tuesday and Wednesday: Computer Classes** continue 11:00 am-12:30pm.

**Friday July 19<sup>th</sup>, Pop-Up Market. 11 am-12pm** Miriam Mitchell, from the Government of Canada, will be here to speak about the dental plans for Seniors.

**Friday July 26<sup>th</sup>, Picnic in the Park, BBQ and Games, \$6.00.**

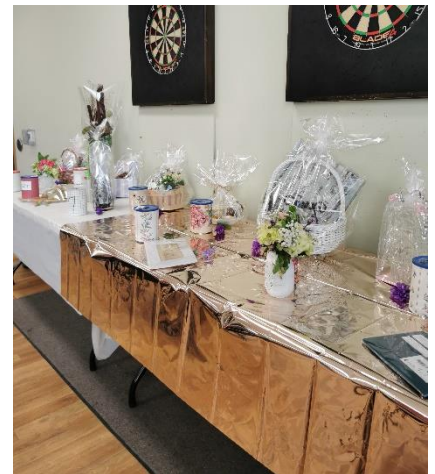
**July and August, there are no General Members Meetings.**

**August 9<sup>th</sup> and 30<sup>th</sup> Picnic in the Park days, lunch at Noon** followed by games.

**Saturday, August 10<sup>th</sup>, Special Bingo**

**Thursday September 5<sup>th</sup>, General Members Meeting luncheon served** at 11:45am. Meeting to follow.

# The High Tea, May 11th





# Spring Bazaar, June 1st



The Seniors of the Year Awards, and our Anniversary Celebration! June 15<sup>th</sup>





