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Past President

Rick Westlake

Members at Large

Jackie Dickieson

City Liaison

Terry Ugolini

Staff

Dave Fluellon

Amy Roche

**THOROLD SENIOR
CITIZENS ASSOCIATION**

8 Carleton Street S.

Thorold, ON L2V 5C2

905-227-2161

www.thoroldseniors.ca

Membership - 2023

\$80 a year

+ \$5 key card deposit

Life Members \$40

March 2023 Newsletter

Friendship, Fun, and Staying Young

March 2023- March is named for the Roman god of war- Mars. This was the time of year to resume military campaigns that had been interrupted by winter. In the early Roman calendar, March (Martius) was the first month of the calendar year. So, March brought the first day of Spring with the vernal equinox, it was the start of new beginnings.

March became the third month when January and February which were at the end of the Roman Calendar around 7000 BCE, instead became the first and second month around 450 BCE.

"I Martius am! Once first, and now the third! To lead the Year was my appointed place; A mortal dispossessed me by a word, And set there Janus with the double face." -Henry Wadsworth Longfellow- 1807-1882

So here we are, it's almost Spring and we are in a place, the Senior Citizens Centre, where flowers bloom and so does hope. I am so excited to tell you that our Friendship, Fun and Staying Young, GET UP AND GET OUT Membership Drive Campaign will be ready to go in the next two weeks but the big opening day is on April 4th. GMM Spaghetti and Meat Ball FREE Luncheon. Yes, it is FREE but we ask you to bring a friend who may be interested in becoming a member.

There will be raffles, Special bingo's open to the public, lottery boards, tour dates, weekly draws for gift certificates and much more. You will all receive that information within the coming weeks.

The Executive Board as a whole is up for re-election. Please see the postings on the wall for the upcoming election. The current board are all running for their seats with one seat still open which is Member at Large. We encourage you to run for every and all seats.

We have decided on the Spring Bazaar Date which is May 27th 2023. It may be the biggest one yet. April 1st we will start taking in items from the public. As we go forward I will keep you all in the loop as to the lease, and our partnerships with all the groups in our community.

Brenda Bator

President

-Your mind is a Garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds. -



Membership dues for 2023 are \$80.00. Life members pay \$40.00.
Membership dues should be paid by January 31st of the current year, as per the Constitution



***Welcome to our
New and Returning
Members:***

Anna Di Santo

Gina Armstrong

Teri Dehghani

Lynda Bonnar

Karaoke Night Saturday March 4th
6:00-9:00pm

Pancake Day Tuesday March 7th
9am-12 noon

Dinner Club at Coppola's Thursday March 9th 5:30pm

St Patrick's Day Celebration Friday March 17th 11:30am start

Next General Members Meeting: April 6, 2023 Luncheon at Noon

Events and Activities:

Tai Chi: With Tai Chi master Roberto, Tuesdays & Wednesdays at 10:00am.

Exercise Class: With Muriel Raymond, Monday, Wednesday and Friday at 10 am. Now in its 20+ year.

Bingo: Mon, at 1pm.

Tech Support: with Laurie Wed. 11:30

Cards: Cribbage - Wed 1pm
Euchre - Fri 1pm

Crafts: Tues. at 1pm in the great hall. Everyone welcome.

Darts: – Wed. 1:00 pm

Shuffleboard: – Mon. & Thurs. at 1:00pm

Chair Yoga with Laurie-Anne: Thurs. at 11

Zumba: with Mary is Thurs. from 12-1 or Tues at 11:30 on meeting weeks

Chorus: Thursday Evenings 6:30pm

March Birthdays:



Rosemarie Shillingford	3
Carolyn Fior	6
Linda Reid	6
Lucia Gaspari	9
Diane Gordon	10
Nancy Symons	11
Deborah Carnegie	13
Karen Liboiron	14
Terry Ugulini	15
Joe Gallop	19
Walter Fielding	20
Robert Mandzuk	21
Bunny Hamilton	24
Teresa Miksza	25
John Tepylo	25
Coleen Hughes	28
Lorraine Carruthers	31
Bert Breen	31

The Young at Heart singing group is back up in full swing. If you are interested come on out and join in the evening of music and fun. Open to all members.
Thursday Evenings 6:30pm.

St John Ambulance is still holding their program here once a month. If you are a member and would like to take the class, you can sign up at a discounted rate. You must call **905-685-8964** to register and get the discount. The discount is not available for online registry. **You must register in advance** because of capacity limits.

Valentine Vendor's Day on February 11th was successful! We had many people come through and we even got a new Member for our Association!

We had a visit from a Brock student February 13th. He interviewed participants of our exercise program for a Physical Education Degree he is completing. A **Big** thank you to those that answered questions and made him feel welcome.

Open invitation for anyone to come and learn to make the milk bag mats.
Tuesdays at 1:00pm at the Craft area.

We will be taking **nominations for the Executive Board starting in March.** Look for the nomination sheet on the main bulletin board. Nominations close April 14, 2023. Election will take place in May and the Swearing in Ceremony will follow in June.

2023 Thorold Senior of the Year Award 2023 Thorold Senior Citizens Association Senior of the Year Award

The City of Thorold, Age Friendly Committee, and Thorold Senior Citizens Association have partnered to **recognize two seniors**, one with the **2023 Thorold Senior of the Year Award** and one with the **2023 Thorold Senior Citizens Association Senior of the Year Award.** See eligibility criteria for each award below.

Nominations can be picked up and submitted from March 2, 2023 to May 1, 2023. The Awards will be presented on Wednesday, June 14, 2023 at Ontario Paper Thorold Seniors Centre. Nomination forms are available at and can be returned to Thorold City Hall and Ontario Paper Thorold Senior Citizens Centre.

The date for the **Spring Bazaar** has been set for **May 27, 2023.** **Collection of items will begin on April 1, 2023.** We will need help setting up for the Bazaar and working of the different tables on the 27th. Sign up sheets will be on the main board soon. Our Bazaars are our main fundraiser so your support is very appreciated but also very necessary.

COMMUNITY EVENTS



Community Suppers at Trinity United Church



Our delicious and healthy Community Suppers are back!

Third Tuesday of the month, new menu each month

Dinner Served at 5 pm

Freewill Offering

Next Dinner

March 21



At the Thorold Public Library:

Garden Programs:

March 25th at 10:00 a.m.

Seed Bombs (Adult Class)

Create clay seed bombs to bring life to your outdoor garden space!

Registration is required: 905-227-2581

Seed Library:

How it works:

Patrons may choose 3 seed packs per month. If you wish to select more, you may swap a package of seeds for each additional pack selected.

Swapped seeds must be submitted with your seed order form. Seed order forms will be available at the front desk starting March 27th. Once your seed request form is submitted, seeds will be available for pickup at the front desk after 3 business days

Movie Matinee Fridays at 2:00pm

March 3rd: The Best Exotic
Marigold Hotel

March 10th: The Second Best Exotic
Marigold Hotel

March 17th: Wild Oats

March 24th: A Royal Night Out

March 31st: Unfinished Song

Registration required: 905-227-2581

Donnelly's Pub -Open Mic Night is Back!

On the last Wednesday of each month (starting March 29th) 7-10pm, Donnelly's is bringing back their fabulous open mic night! Join some of the best players in the Niagara region for a great time with some amazing talent. Jump onstage, or just come in for a cold pint and enjoy the show!!

Donnelly's is located at 54 Front St. S Thorold.

The Centre Activities



Celebrate Women's History Month



T K Y E N A T Z N X N R Q D G G R E W Y
V E W M W O R S V F O W Z B G G N G K L
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M Q F C P H R O X C K Q R H T U U S O L
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J S L Q X Q J B F G C P T J V N B N W Z
W M C H L T U H O F C G C Q G B B Y O Z
M I V K U A F C J H G M Y U M B Q P S M
N Z S H N S G P J L Y J R N V O U R C U
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*SUFFRAGE
RIGHTS
EQUALITY*

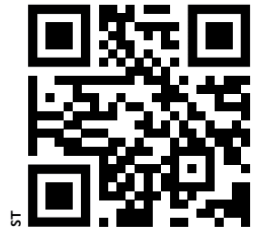
*POLITICS
FIRST LADY
VOTING*

*CONSTITUTION
ACTIVIST
WOMEN*



One-Time \$500

CANADA HOUSING BENEFIT



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The one-time top-up to the Canada Housing Benefit aims to help lower-income renters who are struggling with the cost of rent.

Who can apply

You may be eligible for a one-time payment of \$500 if:

- you have filed a 2021 tax return
- you are at least 15 years of age on December 1, 2022
- you have an adjusted family net income of \$20,000 or less (individuals) or \$35,000 or less (families)
- you are a resident of Canada for tax purposes in 2022
- your principal residence is located in Canada
- you paid rent for your own principal residence in Canada in 2022
- you paid at least 30% of your 2021 adjusted family net income on rent in 2022

How to apply

Apply through CRA My Account. To get your payment faster, register for direct deposit in CRA My Account.

An online web form is available if you are unable to sign in to or register for a CRA My Account. Applicants who are unable to apply online can call the CRA at 1-800-282-8079.

Applications close on March 31, 2023.

Get ready to apply

To speed up the process:

1. Sign up for a secure CRA My Account and direct deposit.
2. File your 2021 income tax return (including your spouse or common-law partner's income tax return).
3. Update your address, marital status, and banking information.

Impact to other benefits

The one-time top-up to the Canada Housing Benefit **does not** impact other federal benefits, like the Canada Workers Benefit, the Canada Child Benefit, the Goods and Services Tax Credit, and the Guaranteed Income Supplement.

This new federal one-time payment operates separately from the monthly Canada Housing Benefit which is co-funded and delivered by the provinces and territories.

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To learn more, visit
canada.ca/one-time-housing-benefit



Canada

