



# NEWS OF THE PHOENIX

Swansea Area Seniors Association

95 Lavinia Avenue, Toronto, Ont. M6S 3H9

Telephone: 416 392-1953

November 2017

Dear SASA members,

*Please take note of these dates*

Saturday	Nov 11	2017	Remembrance Day Service 10:45 am
Monday	Nov 13	2017	Winter clothing 4 week drive starts ... hats, mitts, sox
Wednesday	Nov 22	2017	Niagara Christmas Lights and Dinner
Sunday	Nov 26	2017	Isabel Bader Theater Candlelight Concert
Monday	Nov 27	2017	Community Lunch 12:30 pm \$5.00
Wednesday	Dec 06	2017	Swansea Tea and Books 4:00 to 7:30 pm
Thursday	Dec 07	2017	Xmas dinner with entertainment-1:00 pm Main floor
Friday	Dec 15	2017	Fall term ends
Monday	Jan 08	2018	Winter term begins
Friday	Jan 26	2018	Writing and art Salon
Monday	Jan 29	2018	First Community Lunch for 2018
Thursday	May 10	2018	Spring Lunch /Annual General Meeting
Thursday	Jun 28	2018	Break for the summer

Our special upcoming events for the winter will include our trips, our community lunches, the Remembrance Day service and our Christmas dinner. We have included information about the two upcoming trips and will publicize others as they are arranged. Our community lunches will continue. Why not join us on the last Monday of the month for a tasty meal - \$5 only!

Remembrance Day service will be held on Saturday, Nov 11 at 10:45 am. on the Swansea Town Hall piazza, followed by refreshments in the Rousseau Room.

For ardent readers, the Town Hall and the Swansea Memorial Library will hold "Swansea Tea and Books" on Dec. 6th in the Town Hall lobby from 4:00 to 7:30 pm. Drop in for tea, hot apple cider and treats. There are crafts for children in the library. Please donate items for the Daily Bread Food Bank or for the clothing drive.

There are two drives to help the less fortunate, a collection of toiletries in December for the "out of the cold" program, and a Winter Clothing Drive from Nov 13 to Dec 11 of new or gently used articles - hats, mitts, scarves, socks etc. Accessories only, no clothes please. Please bring toiletries to SASA office and clothing to main lobby.

Sincerely,

*Merle Hudson*

*Joan Sutcliffe*

Merle Hudson, Joan Sutcliffe, on behalf of our Board:- Secretary: Annis Thompson; Treasurers: Mai-Liis Toome, Sue Ferguson; Directors: Roma Anderson, Patti Bragg, Diana Hirschmann, Taimi Holmberg-Smith, Bernadette Hunt, Lisa Igashira, Ann Morton

**XMAS DINNER - TIME REMINDER - Thursday December 7<sup>th</sup> at 1:00 pm in the Rousseau Room on the main floor of the Town Hall. Fortunately (or unfortunately for some) all our tickets have been sold and our waiting list is overflowing too.**

**MAY TREATS AND AGM** our annual general meeting will be held on Thursday May 10 at 1:00 pm in the Evergreen Room. It's a very short meeting, an important election and delicious treats and some fun. Mark it on your calendar - details to follow

**COMMUNITY LUNCHEON** The final luncheon for 2017 will be held on Monday November 27<sup>th</sup> and we will start again in the New Year on January 29, 2018. Just a gentle reminder that you must phone in your name by the previous Thursday so that our partners, West Toronto Support Services will know how much food to buy. Leave your first & last name for Laura at 416- 653-3535, extension 240



**Toiletries**  
  
**For**  
  
*Out of the cold*

It is time for the annual Toiletries for Out of the Cold collection, so if you have any unused toiletries that you care to donate please bring them to yoga class or to the SASA office any time until December 15<sup>th</sup>. , combs, toothbrushes, band-aids, and sample sizes of toothpaste, shampoo, skin lotion . . . things like that are especially useful.

*Thanks to Karen Weinthal, our yoga teacher for organizing this drive*



## **DINNER AT BETTY'S AND NIAGARA CHRISTMAS LIGHTS**

### **Wednesday November 22<sup>nd</sup>, 2017**

- Pickup:** 2:30pm check in at the Syme 55+ Seniors Centre  
 3:00 pm departure  
 5:30pm Early Dinner
- Return:** 9:00pm to the Syme 55+ Seniors Centre
- Cost:** \$55.00 members, \$62.00 non-members

Everybody loves Betty's! Enjoy a fantastic meal with your choice of Fish & Chips, Chicken or Roast Beef (includes tea or coffee and dessert). After the meal we will travel to see the newly update Christmas Lights at the Canadian Falls and Niagara Park.

Please dress appropriately for the weather, as there is some walking on this trip.

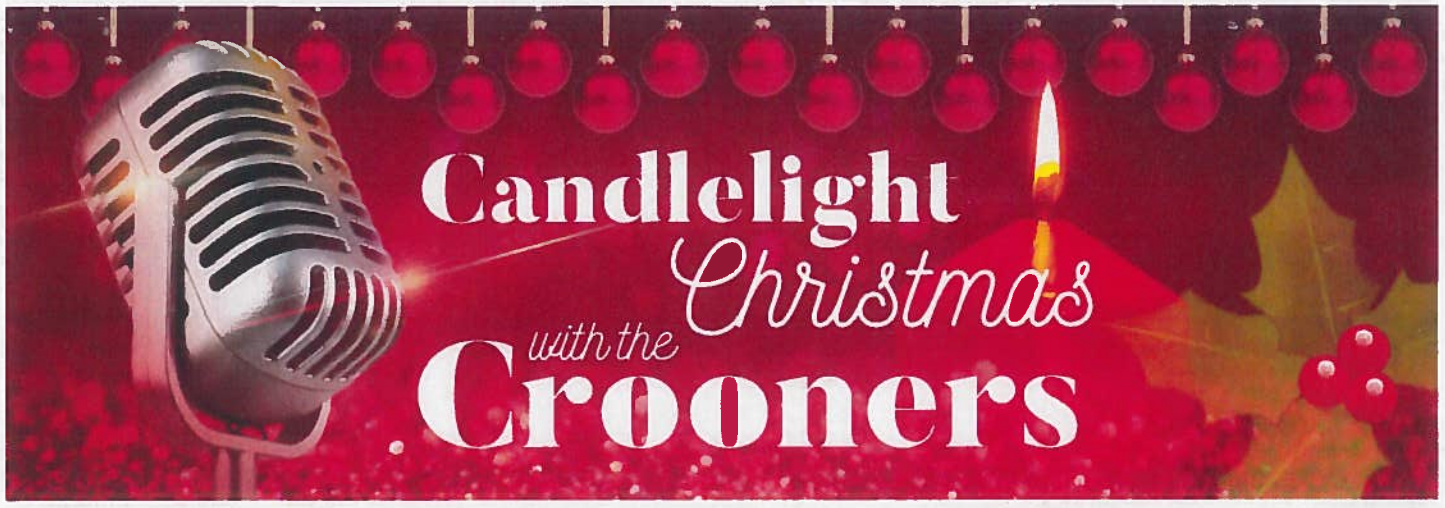
Please note: Syme55+ Centre trips require physical independence and mobility. A member must be able to participate in trips alone or with minimal assistance from a companion who is responsible for the member's welfare. If you have any condition that will require assistance, including use of a walker, please let the receptionist know when booking.

Please register at Syme with full payment (cash or cheque only) to reserve your spot.



**INFORMATION  
AND RESERVATION**  
Permit holder in Quebec

**SYME REGISTRATION**  
**416-677-0388**  
Lynn Guay | 1 877 519-1488



# CANDLELIGHT CHRISTMAS WITH THE CROONERS

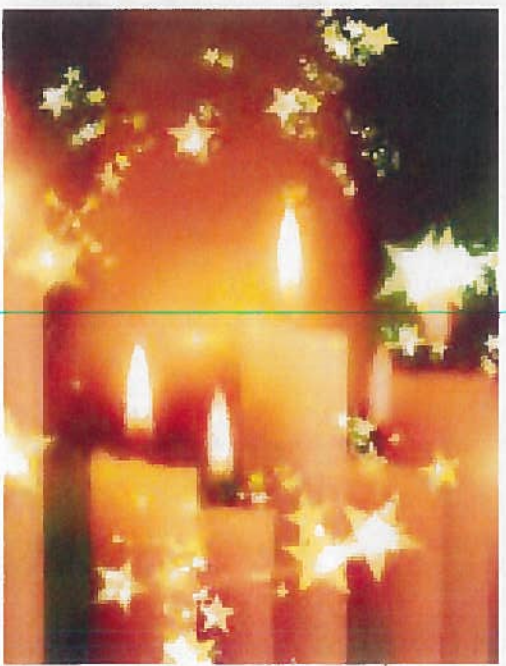
Rediscover the Magic of Christmas !

At the Isabel Bader Theater in Toronto attend the show CANDLELIGHT CHRISTMAS with the Crooners. This astonishing 90 minutes Christmas Show offers a performance of some of the world's most beloved seasonal music. Ring in the season with this classical Christmas concert. Enjoy these inspiring songs, performed as would our Crooners Engelbert Humperdinck, Frank Sinatra, Dean Martin, Paul Anka, Elvis Presley and many more. A memorable Christmas outing!

SUNDAY, NOVEMBER 26<sup>TH</sup> 2017

**65\$**

Price per person includes :  
Admission to the show | All services  
charges and taxes | Including HST



Full payment is required at time of registration. No refunds, final sale. The cut-off date for purchasing tickets is November 15. Please sign up at Syme registration or phone 416-677-0388 to reserve seats.

766.0388

# Schedule for S.A.S.A. Weekly Activities - Winter/ Spring 2018

@ Swansea Town Hall, 95 Lavinia Avenue, Toronto \*Swansea Area Seniors Association

Phone: 416-392-1953 Classes run from January 8 to June 29, 2018

## Mondays



**Yoga - Jan 8 - June 25** Good for flexibility, strength, balance. No yoga experience necessary.  
9:30 -10:30am 4 weeks @ \$40.00 Instructor: Karen Weinthal

**Taoist Tai-Chi** Good for balance, memory, co-ordination and circulation. And fun too!

**Beginners 1** 10:15 -11:10 ) Jan 8 - Mar 26 Apr 9 - Jun 25 Instructor: to be announced. 11wks @40

**Beginners 2** 11:20 -12:15 ) Jan 8 - Mar 26 Apr 9 - Jun 25 Instructor: to be announced. 11wks @40

**Intermediate** 11:15 -12:15 ) Jan 8 - Mar 26 Apr 9 - Jun 25 Instructor: GillianTeiman. 11wks @ 40

## Tuesdays

**Multi-mediaArt** Jan 9 - Jun 26. 10:00 -12:30pm watercolours, acrylics, pastels, drawing, ink. Lessons, themes and individual choices. \$30.00 per month Instructor: Bernadette Hunt

**Zumba Gold Toning (with weights)** 1:00-2:00pm Jan 9-Mar 27 12 weeks @ \$45.00  
Apr 3-Jun 26 13 wks @ \$48.00 great music & lots of fun. Instructor: Veronica Tahirovic

## Wednesdays



**Osteofit - 11:15-12:15 pm** fun exercise to maintain & build bone strength. Jan 10-Feb 28;  
Mar 7-Apr 25; May 2- Jun 27; 8wks @ \$48:00 Instructor: Joanne Deane

**Fundance-** 11:30-12:30 pm. Jan 10-Mar 28. 12 wks@ \$45; Apr 4-Jun 27. 13 wks @ \$48; fox trot, meringue, rhumba, salsa, samba. No partner needed - lots of fun Instructor: ElaineThorne

**Essentrics -1:00-2:00 pm.** Jan 10-Mar 28. 12 wks @ \$45 Apr 4-Jun 27. 13 wks @\$48.  
Exercises to strengthen muscles & improve joint mobility. Instructor: Veronica Tahirovic

**Bridge-** new members welcome. Drop in for a friendly game. 1:00-4:00 pm / 5:00 pm. \$1.00

## Thursdays

**Chinese Brush Painting:** 9:00 am - noon Discover your artistic talent working in this delicate art form. Mar 22 - May 24 10 classes @ \$100.00 Instructor: Hera Cheng

**Adare Art Atelier -Noon-3:00pm** Jan 11-June 28 Share ideas/techniques in a small supportive group. \$1.

**Zumba Gold** 1:00-2:00 pm Jan 11-Mar 29. 12 wks @ \$45 Apr 5-Jun 28. 13 wks @ \$48  
Lots of fun. Lively music makes you want to move & groove. Instructor: Veronica Tahirovic

**Pool - Any time - Try our pool room.** Table has been levelled and refurbished. \$2:00 per session.

\*\*Note: Please join SASA to participate- \$12 single/ \$20 double (Jan to Dec). You may join at any time.



**SWANSEA  
TOWN HALL**  
COMMUNITY CENTRE

95 Lavinia Avenue, Toronto, ON, M6S 3H9  
Tel: 416 392 1954 frontdesk@swanseatownhall.ca  
Fax: 416 392 1955 www.swanseatownhall.ca  
www.facebook.com/STHSwanseaTownHall

**2018 STATUTORY HOLIDAYS\* & BUILDING CLOSURES\*\***

**NEW YEAR'S DAY\* MONDAY JANUARY 1**

**FAMILY DAY\* MONDAY FEBRUARY 19**

*[MARCH BREAK – March 12 to 16 – Swansea Town Hall is open]*

**GOOD FRIDAY\* FRIDAY MARCH 30**

**EASTER MONDAY\* MONDAY APRIL 2**

**VICTORIA DAY\* MONDAY MAY 21**

**CANADA DAY\* SUNDAY JULY 1**  
**MONDAY JULY 2 (observance)**

**SIMCOE DAY\* MONDAY AUGUST 6**

**LABOUR DAY\* MONDAY SEPTEMBER 3**

**THANKSGIVING \* MONDAY OCTOBER 8**

*[We are open on REMEMBRANCE DAY SUNDAY, NOVEMBER 11 ceremony on piazza @ 10:45 am]*

**CHRISTMAS EVE MONDAY DECEMBER 24 closed**

**CHRISTMAS\* TUESDAY DECEMBER 25 closed**

**BOXING DAY\* WEDNESDAY DECEMBER 26 closed**

~~THURSDAY to SATURDAY DECEMBER 27-29 reduced hours~~

**NEW YEAR'S EVE MONDAY DECEMBER 31 closed**

**NEW YEAR'S DAY\* TUESDAY JANUARY 1, 2019 closed**



\*\* all dates and closures subject to change

**SUPERVISED BRIDGE** Adele Pick will continue with supervised bridge lessons until December 9, and then will resume on Fridays in January, 2018

9:00 – 11:30 Evergreen R.m Must be a SASA member Cost \$7

**IN MEMORIAM** We were sad to learn that Mary-Catherine O'Brien has died. Mary-Catherine was a member of SASA, an art teacher who taught evening classes in her art studio and in our Evergreen room. She organized art shows for the Swansea Town Hall and coordinated the mural on the Swansea Memorial Library wall. She loved her art and founded the York Artists Guild which continues to this day. We have sent our condolences to her family.

**FEES:**

Please bring only your class fees to your **first class** (cheque or cash) and help your instructor by coming a little bit early.

\*Please pay your membership fee in the **second week**. (cheque or cash)

\*Remember- we have no paid staff, so volunteers do all the book-keeping. Having the correct amount really helps.

Thank you to members who have given us an email address. You have helped us a lot.

Data Base <input type="checkbox"/> Card <input type="checkbox"/> email <input type="checkbox"/>		Amt. Pd .....	M'ship # .....	<i>Please complete</i>	M'ship #.....
SWANSEA AREA SENIORS ASSOCIATION (S.A.S.A.)				S.A.S.A. ANNUAL FEE	
Membership Application and renewal form <b>PLEASE PRINT</b>				SINGLE \$12 DOUBLE \$20.00	
Date: ...../...../2018 Name: .....				Amount Paid: \$.....	
Apt # ..... Street Address: .....				<i>Please check one box</i>	
Postal Code: ..... Tel: .....				RENEWAL <input type="checkbox"/>	
Email : .....				NEW MEMBER <input type="checkbox"/>	
Emergency Tel:.....				For office use	
Classes/activities:..... Could you volunteer? Yes <input type="checkbox"/>				Name:.....	
				Class/Activity.....	

## Message from your president, Merle Hudson

**This will be one of my last announcements as your president as I am stepping down from this position on the SASA board on May 10, 2018. I joined SASA as a volunteer in 2005 when Ann Collins taught me how to input the data for the membership list. I maintained the list for three years, became familiar with many of SASA's procedures, served as Co-President with Sue Ferguson in 2008 and in May of 2009 became your president.**

**Well. It has been a blast. I have met so many people who have made me feel that I was making a contribution that meant something for their happiness and health. It makes volunteering so much more rewarding when one feels appreciated, so a huge thank you for all your kindness and support.**

**I am not leaving SASA entirely so I will still enjoy taking classes and interacting with members. But we will need some more board members. Please consider whether you could make a contribution. It can be a lot of fun working with others towards a common goal, and we are currently preparing a manual which outlines all our procedures.**

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**This should make the transfer to a new president and to new board members a lot easier than the transition we experienced in 2008. I am hoping that I can help to make this a painless exercise. In the mean time *Good luck and good health to you all.* Merle**





# Swansea Town Hall 2017

## Winter Clothing Drive

Donate new or gently used & clean Hats,  
Mitts, Scarves & Coats in our Main Lobby!  
November 13th to December 11th

Items will be distributed to those in need  
in the Community before Christmas!

Thank you and Merry Christmas!