



The Happenings

November



CENTRE UPDATES

It's November which means the festive season is coming and the end of the year is almost here! This month in addition to our regular drop-in activities we have some new exciting events to help bring more people together in a safe, covid-friendly way. We look forward to hopefully seeing you come by the centre and be sure to register over the phone or at the front desk on your way in.

Meet James

Need a bio from James.

Volunteer Opportunities!



The Rendezvous Café needs volunteers still. The role of the volunteers are to help serve patrons at the centre, assist with occasional baking, as well as completing

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prep work for Gerry and our Saturday's Grab and Go's. This is a great way to connect with others, chat and be part of a larger social volunteer team.

This month we are still looking for someone to lead Mexican Train Dominos and Euchre as our regular leader isn't able to return at this time. If there are any other activities you would like to see at the centre, please don't be afraid to let us know!

Programming Highlights

Last Week of October: Acupuncture returns to the centre. If you want to get a therapeutic treatment sign up at reception. Fees will be on a sliding scale.

Last Week of October or First Week of November: Flu shot clinic is coming. We are waiting to find out the date for our first flu shot clinics. Add your name to the interest list and we will call you when the date has been confirmed.

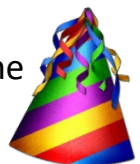
November 4: Guitar for Beginners starts at 6pm. Students will learn the basics of guitar playing and will mainly be focused on classical style and folk style.

November 7: Story + Design = Art. This is your chance to be part of the story and learn about Indigenous art as you will create a unique piece of art by December 9.

Hatha Yoga begins on November 7 at 1:30pm. Relax and get energized as you practice this ancient fitness technique.

November 10: Remembrance Day service. This is a free event to both members and non-members. The service will be presented by our staff and practicum students. After the service there will be tea and coffee available.

November 12: Birthday Social for November and December. Come share some laughs, meet new friends, and participate in some fun activities.



November 13: Centre Decorating Day. Help decorate the centre for the season. As a reminder please pre-register to let us know that you are coming as there may be a few surprises for those that come!!



November 20: Friends and Connections. It's never too late to date! That's right you read that correctly, the centre will be hosting a speed dating and mixer event for older adults. The price for tickets is \$15 for both members and non-members. Light snacks and sparkling non-alcoholic beverages will be included. Covid precautions will be taken. Registration for this event will be mandatory.

November 25: Knowledge and Nibbles: Sitting on a Volcano. On the last Wednesday of every month come join us in learning more about important social issues. A documentary about the Holocaust will be presented. Ticket prices are \$7 for members and \$10 for non-members. Light refreshments will be provided.

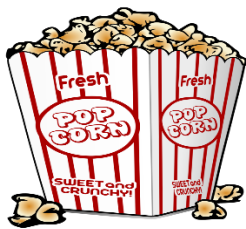
Movie Matinees this month: \$3 for admission, popcorn and a drink

November 7

November 14

November 21

November 28



Message from Board



Rendezvous Café

Our Rendezvous Café is working hard to bring you something to eat or drink! It remains open and meals are being prepared for take away as well as in café service while maintaining social distancing measures!

Grab and Go Take Away meals. These delicious, made fresh meals are available by pre-purchase by Thursday weekly, with pick up on Saturdays at 3:30 pm for only \$9. Please check out our website for menus or pick one up at the front desk the next time you come by.

October Highlights

There were so many highlights this month! A huge thank you to all of our amazing volunteers who continue to make these events possible. Our Thanksgiving luncheon was arranged with lightning speed by our many decorator volunteers.