

Update - 55+ Club Summer Happenings

Greetings – we do hope that everyone is keeping well & staying safe & healthy! We just wanted to introduce our new Update to keep you informed of the latest 55+ Club news and events!

Smile or Laugh for the Day



Summer 2021 Programs & Workshops!

Virtual Program – Yoga – Chair

All are welcomed and modifications will be offered for every level of flexibility and mobility. All poses are adapted to the chair. The focus of class is to improve balance and increase flexibility by bringing awareness to breath, lubricate joints, tendons, ligaments and muscles.

Participants may want to use a yoga mat to put under their feet.

Day	Time	Start Date / End Date	# of Classes	Fee*	Barcode
Tues.	9:45-10:45 a.m.	July 6 – July 27	4	\$33.00	18014
Tues.	9:45-10:45 a.m.	Aug. 10 – Aug. 31	3	\$24.75	18015

Virtual Workshop - Waste Collection 101

Presented by Lori McNaughton – Operations Coordinator at the Town of Whitchurch-Stouffville
 Always wondering what things should be put in your garbage bin versus your recycling bins. Well Lori will give you a brief overview of where items should be placed, in addition she will discuss other topics including the Town’s green bin program, blue box recycling program, along with other interesting topics such as: large item pickups, yard waste disposal and as well as textile recycling. A few minutes will be spent at the end of the session to answer any questions that you might have.

Day	Time	Date	# of Classes	Fee*	Barcode
Wed.	1:30 – 2:15 pm	July 7	1	Free	17939

Outdoor Ultra Beginner Line Dance

Move to the music, step to the beat and learn the basics of line dancing with program instructor Graham Sparrow. Simple steps and great music!

Comfortable shoes is all you need.

Day	Time	Start Date / End Date	# of Classes	Fee*	Barcode
Wed.	6:15 - 7:15 pm	July 7 - 28	4	\$33.00	18016
Wed.	6:15 - 7:15 pm	Aug. 11-25	3	\$24.75	18017

Pole Walking

Join Jill Watson as she leads participants on weekly walks throughout downtown Stouffville. Pole walking is one of the fastest-growing low-impact activities, which will increase your heart rate and burn 20% more calories than simply walking. Great program to meet new people and stay active throughout the summer months.

- Poles are supplied so all you need to participate is comfortable clothing, running shoes, and don't forget to wear your sunscreen & bring your water bottle.

Day	Time	Start Date / End Date	# of Classes	Fee*	Barcode
Thurs.	9:45-10:45 a.m.	July 8 - 29	4	\$33.00	18018
Thurs.	9:45-10:45 a.m.	August 12-26	3	\$24.75	18019

Virtual Workshop – Hearing Care

Helix Hearing Care Centre will be doing a brief virtual presentation which will focus on “Hearing the Best You Can”. Covering such topics as: hearing loss, how do we hear, hearing technology, hearing care in pandemic times as well as tele-hearing services that are currently available.

Day	Time	Date	# of Classes	Fee*	Barcode
Fri.	1:30 – 2:15 pm	Jul. 16	1	Free	17940

Virtual Workshop - Cooking & Fire Safety

Join us for a cooking lesson with Fire Prevention Inspector – Brianna Baker along with Fire Chief, Snowball, as they prepare one of their scrumptious recipes from the W-S Firehall Cookbook. This session Fire Chief Snowball will be cooking his fabulous entrée of Firehouse Penne Pasta.

Brianna will briefly include pointers about fire safety in the kitchen, what you should know about fire alarm/carbon monoxide detection, dryer safety along with electrical safety. Also pointing out important factors about ways to exit your premises safely if you suspect a fire.

Note: This workshop was filmed in advance and will be played during the Zoom session.

Day	Time	Date	# of Classes	Fee*	Barcode
Wed.	1:30 – 3:00 pm	Jul. 21	1	Free	17941

ActiveNet Registration – www.townofws.ca/Active

Registraton Dates:

Residents – June 1st at 6:00 p.m. & Non-residents – June 8th at 6:00 p.m.

For assistance – leisure.services@townofws.ca or call 905-642-PLAY (7529)

Note Fees stated include HST

Online Puzzle

Butterfly On A Blue Flower Puzzle

https://www.dailyjigsawpuzzles.net/flower-jigsaws/butterfly-on-a-blue-flower_3015.html



Online Games

Online 247 Majong

<https://www.247mahjong.com/>

Online 247 Bridge

<https://www.247bridge.com/>

Online 247 Wordserach

<https://www.247wordsearch.com/summer/>

Online 247 Crossword

<https://www.247crossword.com/summer/>

Online 247 Backgammon

<https://www.247backgammon.org/>

Monthly Recipe

Salmon and Spud Salad from A Taste of Home



Nutritional Facts:

1 salmon fillet with 2 cups salad:
480 calories, 23g fat (4g saturated fat), 85mg cholesterol, 642mg sodium, 33g carbohydrate (8g sugars, 6g fiber), 34g protein.

Diabetic Exchanges: 5 lean meat, 2 vegetable, 1-1/2 starch, 1-1/2 fat.

Ingredients

- 1 pound fingerling potatoes
- 1/2 pound fresh green beans
- 1/2 pound fresh asparagus
- 4 salmon fillets (6 ounces each)
- 1 tablespoon plus 1/3 cup red wine vinaigrette, divided
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups fresh arugula or baby spinach
- 2 cups cherry tomatoes, halved
- 1 tablespoon minced fresh chives

Directions

- Cut potatoes lengthwise in half. Trim and cut green beans and asparagus into 2-in. pieces. Place potatoes in a 6-qt. stockpot; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 10-15 minutes, adding green beans and asparagus during the last 4 minutes of cooking. Drain.
- Meanwhile, brush salmon with 1 tablespoon vinaigrette; sprinkle with salt and pepper. Place fish on oiled grill rack, skin side down. Grill, covered, over medium-high heat or broil 4 in. from heat until fish just begins to flake easily with a fork, 6-8 minutes.
- In a large bowl, combine potato mixture, arugula, tomatoes and chives. Drizzle with remaining vinaigrette; toss to coat. Serve with salmon.