

**Saturday, October 28<sup>th</sup> 9:00 a.m. to 1:00 p.m.** Join us for ASAC's Annual Bazaar. Something for everyone! Over 25 vendors! Lots of great crafts and bake sale items. Those wishing to donate to ASAC's bake table can bring their donations to the Centre on Friday, October 27<sup>th</sup> before 4:00 p.m. For further details please call ASAC at 905-546-2999. Everyone welcome.



**Wednesday, November 1 - ASAC55+ Annual Members Meeting and Election  
10:30 to 1:00 p.m.**

It's important for members to know what is happening at their centre. Join us for the ASAC Advisory Board's information presentation including our annual member elections to the Board. Don't let the bit about elections keep you away -- we have our slate of officers and they are posted in the Centre. Meeting is followed by a complimentary lunch. Please register at Reception for catering accuracy.

**Wednesday, November 1 – Golf Scramble – Shotgun Start at 10:00 a.m.**

Weather permitting. \$50 for 18 holes, cart, lunch and small prizes. Register at [905 648-4653](tel:9056484653). At the October scramble Steven presented a rebate cheque payable to ASAC for \$1,892. Thank you Oak Gables and thank you to all the golfers that supported this partnership. Shirley Glauser will miss this scramble as she will be attending our Membership Meeting. Hopefully some of you will be joining us at our membership meeting and election of officers.

**Saturday, November 4<sup>th</sup> – Community Volunteers Available for Fall Yard Clean Up** - The Churches of the Ancaster Ministerial Association (AMA) will be sending volunteer teams to help those in our community who need assistance with their fall yard clean-up. (Activities limited to cutting away low level brush & branches, raking of leaves and picking up fallen branch and debris on lawns.) (No major tree limbs or fallen trees requiring the services of professionals.) If you are in need of help, please contact Rev. John Read at [revjohnread@gmail.com](mailto:revjohnread@gmail.com) **BY OCTOBER 31<sup>st</sup>**. Please include your name, address, telephone number, size or property and type of yard work to be done in the email request.



**Saturday, November 11 - Since Remembrance Day** is on a Saturday, we encourage everyone to attend their local ceremonies. Helmi Kaufmann, Al Gordon and Shirley Glauser from ASAC are going to attend the ceremony in Ancaster and Al Gordon, a veteran will lay a wreath. It has been customary at ASAC Remembrance Day Ceremonies to read the names of members who died in the previous calendar year. Please note: The reading of their names will be done at the member's meeting November 1st.

**Thursday, November 16 – Vacation on a Budget - 1:00 to 2:30 p.m.** Participants will learn a variety of ways to save money while planning and going on vacation so they can have fun without worrying about money. A FREE presentation by the Credit Counselling Society.

**Friday November 17 – MTO Safe Driving Presentation - 9:30 to 10:30 a.m.**

Prepare yourself and your vehicle for winter driving. Learn the kind of conditions you can expect on winter roads and how best to handle them; learn how Ontario manages snow removal and when you can expect roads to be cleared. In addition the following will be discussed: all season vs winter or hybrid tires and the benefits of tire maintenance and how to find out more about Ontario road conditions before traveling. This FREE workshop is thanks to the Ministry of Transportation, Government of Ontario and it will be popular, so register today!

**Monday, November 20<sup>th</sup> – 12 noon to 1:00 p.m. – Demystifying Nutritional & Mental Health Workshop –**  
 Want to know how YOU can prevent dementia. In this interactive workshop, participants will be introduced to the science behind nutrition for maintaining brain health. Learn about various nutrients that have been shown to be helpful for preventing dementia. You will be in the ASAC kitchen preparing foods to keep your brain healthy! Presented by McMaster University students under the guidance of Assistant Professor, Janet Pritchard PhD, McMaster University. Register now at the Reception as space is limited to 15 participants.

## WINTER REGISTRATION

**November 27 to December 7** - Early registration drop-off weeks.  
**December 11 - Registration Day** (in-person, online & by phone)  
**Winter 2018 session starts the week of January 8, 2018.**

**Wednesday, November 29 - Prepared, Safe and Confident - RBC Lunch and Learn - 10:30 a.m. to 1:00 p.m.**  
 We can't predict natural disasters, but there are plenty of ways to be prepared. We will be sharing tips to help you have what you need in the case of an emergency! Carla McCracken, Emergency Management Co-coordinator will be presenting and providing checklists on how to prepare.



**Saturday, December 2 – Intergenerational Lunch and Santa Party 12 to 2:00 p.m.**

Kids \$5, Adults/Seniors \$7. Enjoy a kid friendly lunch followed by an afternoon filled with holiday crafts, music, songs and a special visitor from the North Pole. Tickets must be purchased by Monday, November 27, for catering requirements.

**Wednesday, December 6 – ASAC55+ Annual Christmas Party 12 to 3:00 p.m.**

This event is always a sell out so purchase your tickets early. Cost: \$17 per member. Join us for a delicious catered carved turkey dinner with all the holiday trimmings. Dessert is followed by heart-warming holiday performances by a number of our musical groups. Lots of door prizes! HRM Fashions will also be in the lobby selling their fashion accessories.

**Friday December 15 - Holiday Pot Luck Luncheon 12 to 1:00 p.m.**

Join us for an extra special Friday pot luck lunch! Feast on carved spiral ham, scalloped potatoes and more! When registering, please let staff know what you will be bringing, so there is a balance between side dishes and desserts to along with the main course. Cost: \$7 without a contribution \$3 with one. Registration is required.



**Fridays - Pot Luck Lunches – 12 noon to 1:00 p.m.**

There is lots of room for more people at our pot luck lunches on Fridays from 12 to 1:00 p.m. Make or pick up something and join us to socialize with some friends and make new ones. If you are unable to bring something, pay \$6.00 and come check it out!

**A REMINDER –ASAC BULDING IS A SCENT FREE ZONE** - Perfumes, aftershaves, hair-care products and other scented products affect the health of many people. Please do not wear scented products in our building. Thank You.



**Thought of the Month**

“The doctor of the future will give no medicine, but will interest his patients in the care of the human body, in diet, and in the cause and prevention of disease...” – **Thomas Edison**