

Spring Registration

Early Drop off Weeks: March 5 – 15, 2018

Registration: In Person, Online & by Phone **March 19**, starting at 9:00 a.m.

Spring Session Starts week of Monday, April 9, 2018 for 10 weeks.

HST is now required on all programs.

Tuesday April 3 to Friday April 6 - ASAC Annual Maintenance Shutdown

Monday, March 5 and Monday, March 19 - 1 to 3:00 p.m. – Rug Hooking

Yvonne Muntwyler is an accredited Traditional Rug Hooking teacher with over 35 years of experience. She is eager to devote some of her time voluntarily to show ASAC members the skill involved in the craft. Yvonne explains that the passion she has teaching rug hooking often lives on through the accomplishments of her students who many times go on to win awards as well as receive much personal gratification. Yvonne will be making herself available in the ASAC lobby as noted above. Hope to see you there!

Tuesday March 6 – 12:30 to 3:30 p.m. – Adventures in Memoir Writing

This one day workshop will help you pick and poke through the details of your life; recreate scenes and dialogue; and examine situations from new angles. By the end of the workshop, you will have the raw material to start the memoir, and a better idea of how to bring material to life. Bring a pen and lots of paper or a laptop. Cost \$15. Register at reception.



District 22 HAMILTON WENTWORTH 55+ SUMMER GAMES 2018

The deadline for registration is **March 7, 2018** with the exception of Golf, Lawn Bowling, Bocce, and Tennis with staggered deadlines based on weather conditions. The events for 2018 include: Contract Bridge, Darts, Shuffleboard, Duplicate Bridge, Golf Callaway, 5 pin Bowling, Bid Euchre-Doubles, Euchre, Cribbage, Prediction Walking, Prediction & Sprint for Cycling & Swimming, Nordic Prediction Walking, Lawn Bowling, Tennis, Running, Bocce, Pickleball, Carpet Bowling and Snooker. Registration Form and List of Events are available at the office. **PICK UP A REGISTRATION FORM TODAY!!!!**

Thursday, March 8 – 1 to 2:30 p.m. – Living Well on Retirement Income

Learn ways to increase income reduce expenses and live on a retirement income without having to rely on credit to get by. This is a FREE presentation by the **Credit Counselling Society**. Sign up in advance at the reception counter.

Monday, March 19 - 9:00 a.m. to 10:30 a.m.

Dr. Janet Pritchard on Site with 4th Year McMaster University Kinesiology Students

What: “Exercise as Medicine” Health Fair **Why:** Allows ASAC members to learn some of the current science on exercise for the management of different age-related diseases, i.e.: Osteoporosis, depression, osteoarthritis, sarcopenia, and it also allows McMaster students to practice communicating science to an older adult population. Many of these students are aspiring doctors and physiotherapists, and McMaster believes it is important that they have opportunities to interact with community members to learn about real concerns and questions that people have about exercise.

Who: 4th year Kinesiology students from a course called Kin 4SS3: Human Aging (Biologic and Lifestyle influences) will be setting up and manning the table top displays.

Wednesday, April 11, 2018 – ASAC / OAK GABLES GOLF REGISTRATION Starting at 10 a.m. at ASAC

Our highly popular golf program has been operating successfully for years and is a wonderful partnership we have with Oak Gables Golf Course. Enjoy the physical and social benefits of golf including special Oak Gables rates, monthly Senior Scrambles, Monday morning for tee times and much more! In order to participate in this program you must have a ASAC issued City of Hamilton Senior Recreation Centre membership card which remains current for the entire duration of the 2018 golf program season. For further details, including cost, etc. please pick up our promotional flyer at the ASAC reception desk.



Thursdays, Beginning April 12 - Memory Project Sessions – 1:00 to 3:00 p.m.

The first Memory Project Session for 2018 starts April 12 with a slightly new format. Our iPad and brain fitness training session will begin in the second week of the Session rather than the first week. The first class is scheduled April 12 at 1pm in Craft Studio Two. We will be accepting 18 people in the session. So, mark your calendar and enroll early! A second Memory Project Session is scheduled for mid-September. Fee is \$55.00

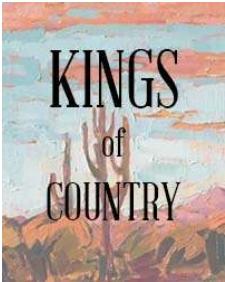
New Class! Beginning Thursday April 12 - Pilates Level 2 - 10 Weeks

Rula Geyer is offering a new class this spring. Building on the essential exercises learned in Pilates Level One. Focus on progressive core strength and core coordination. Work at a faster pace. Overall toning, improved stamina, improved coordination, core challenge. Class done in bare feet.

AGM Wednesday, April 18 – Advisory Board Annual General Meeting – 10:30 to 1:00 p.m.

Sign up at reception to attend ASAC's Annual General Meeting. This is an excellent opportunity to hear about the many happenings around the centre and to learn more about the work of the ASAC Advisory Board. Presentations will be made from various committees, followed by a complimentary luncheon. Register before Thursday April 12 for catering numbers. Hope to see you there!

Tuesday May 8, Carmen's "Kings of Classic Country"



Doors and cash bar open at 11 am, Lunch served at noon. Show 1:30 pm – 3:30 pm
 Tickets: \$57.00 per person – Includes full course sit-down lunch and show. ASAC receives \$10 per ticket sold. **Tickets on sale now at ASAC Reception Counter.** "Kings of Classic Country" celebrates the music of Buck Owens, George Jones, Merle Haggard, Marty Robbins, Roger Miller, Conway Twitty, Glen Campbell and, the legendary Hank Williams. This is a fun-filled, audience-interactive show that combines world-class tribute artists backed by a sizzling live band. Song highlights include "He Stopped Loving Her Today" "Galveston" "El Paso" "Act Naturally" "Mama Tried" "It's Only Make Believe" "King of the Road" and "Your Cheatin' Heart" amongst the many audience favourites.

Wednesday, June 27th, 2018

"Onwards and Upwards" ASAC Fund Raising Golf Tournament

Registration/sponsorship forms and "ask" letter information is available at Reception. Lots of ways to help: donate a prize or gift for the Silent Auction, give us any wicker baskets you might have around for wrapping gifts, suggest to Shirley a potential sponsor, golf in it, help with set up and take down. Just a few ideas on how you might help with this major fund raising event. Entry fee as a golfer is \$110 and that includes golf, cart, lunch, all the specialty holes in the tournament, dinner back at ASAC, and a great prize table. If you can help or have questions, leave a message for Shirley Glauser at reception/office.



Ancaster's Heron Creek Fitness - Special ASAC Rate of \$24.50 monthly

Improve your health, increase bone density, and reduce risk of falls by becoming part of the friendly community at Heron Creek Fitness. This special rate is over 55% off their regular rate and based on their **Silver Membership** which is restricted to the hours of 11am-5pm Mon-Fri, Sat & Sun open to close. Membership holds available if you are going away or for medical reasons. You can check out their premises and programs at <http://fitness.heroncreek.ca>.

Thought of the Month:

"A purpose of our lives is to broaden what we can understand and say and therefore be." Salman Rushdie