

Tuesday April 3 to Friday April 6 - ASAC Annual Maintenance Shutdown Spring Session starts week of Monday, April 9, 2018 for 10 weeks.



Wednesday, April 11, 2018

ASAC/OAK GABLES GOLF REGISTRATION

Starting at 10 a.m. at Ancaster Senior Achievement Centre

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.

April may bring showers, but we promise to add some sunshine. Our first 10 week Memory Project Session for 2018 will begin brightening your days April 12th. 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. A second Memory Project Session is scheduled for mid-September. Fee is \$55.00 (plus HST).

The Memory Project Team presented three demonstration workshops in the Older Adult Centre Association of Ontario 'Innovative Workshop Series' during February and March. The workshops were held in Oakville, Ingersoll and Cambridge to introduce the Memory Project to Seniors Centres and Clubs in these regions. The OACAO staff also presented the Memory Project on our behalf in Toronto, Ottawa, and Whitby. The final workshop in the Series, a web-on-air, was recorded in late March. The web-on-air will be screened in the Fall. Closer to home, we have scheduled a workshop in Dundas in June for the local Probus chapter.

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!

Friday, April 20, at 11:30 a.m. – ASAC55+ Volunteer Appreciation Luncheon

Our volunteers are the best and an essential part of our foundation. The annual luncheon is an opportunity to thank our 2017 volunteers. If you were a regular volunteer at ASAC throughout the past year, we want to recognize your contribution and hope you will join us! Please pick up your invite at reception.

Wednesday, April 25 – RBC Dominion Securities Lunch and Learn Workshop – 10:30 to 1:00 p.m.

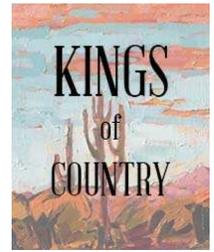
Have you considered all your options for Retirement Income?

Do you have enough money to continue doing what you love? Will you outlive your money? Join us for information on ways to enhance your retirement pay cheque and discuss vehicles you may not have considered. **FREE** informative seminar with a complimentary light lunch to follow. Please register in advance as spaces are limited.

**Tuesday May 8, Carmen's "Kings of Classic Country"
Onward and Upward Fundraising Event for ASAC55+**

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.

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.



Thursday, May 10 – 2:00 to 3:30 p.m. – Celebrate Mother's Day – Tea and Sweets.

FREE to attend! Hear beautiful singing, participate in a make-and-take craft and browse through interesting sale items for Moms! All ASAC members welcome! Join us for delicious sweets and refreshments.

May 15 – 11 a.m. to 12 Noon

Free Concert to Celebrate Mother's Day by The ASAC Guitar Strummers

Join us in the ASAC auditorium. Family, friends and fellow ASAC members are all invited to hear our guitar orchestra play some of the greatest hits from the 50s, 60s, 70s and 80s. Prospective and current ASAC guitar students! Come see what the ASAC Performance Guitar Program is all about.

Wednesday, June 27th, 2018

"Onwards and Upwards" ASAC Fund Raising Golf Tournament

This promises to be a great day. Registration/sponsorship forms and "ask" letter information is available at Reception and around the centre. 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 \$115 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.



Albertones Are Looking for New Members

Albertones is a four-part harmony male chorus that practices at ASAC on Wednesday afternoons from 1:30 pm to 3:30 pm and they also perform in our community. If you would enjoy singing in this popular male chorus, and want more information, please inquire at the ASAC office.

The Art of Rug Hooking

ASAC member and established Rug Hooking instructor, Yvonne Muntwyler is eager to further develop a Rug Hooking group at ASAC. She is willing to help anyone new (or anyone requiring further instruction) to the art of rug hooking. If you are interested in taking up this craft, please leave your name and telephone number at the ASAC Reception counter and we will set up a time for Yvonne and any interested students to meet.



Thought of the Month

"The difference between stupidity and genius is that genius has its limits." ...Albert Einstein