

Happy New Year!

The Winter 2018 session starts the week of January 8, 2018.



Something New Starting January 4

Thursdays – 1:00 to 3:00 p.m. – Canasta

Several members have started a Canasta group. Come and learn a new card game or join the group and help teach members who are new to the game.

Thursday, January 18, 2018 – 1:00 to 2:30 p.m. – Organizing Your Finances in 1 Month

Participants will learn what important documents they need to have, how to store them securely and how to create a “just in case something happens to me” sheet so their loved ones can take care of their affairs. A FREE presentation by the Credit Counselling Society. Sign up in advance.

NEW!!!! THE MEADOWLANDS – THURSDAY COOKING WORKSHOPS

Jan 18th, Feb 15th, Mar 15th, Apr 19th & May 15th from 1:30 p.m. – 3:30 p.m.

Workshops, including food and instruction are generously sponsored by the Meadowlands Retirement Community. Join The Meadowlands Chef at the Ancaster Senior Achievement Centre to learn how to create a different and delicious take-home meal and soup each month. Meals are geared towards cooking for one (or two) with healthy food choices and ingredients which are simple to make! Cost: \$10.00 per workshop/per person. Bring your own take-home container/s for the meal and soup. Limited to 10 spaces only per workshop. Register early. Workshop takes place in the kitchen at the Ancaster Senior Achievement Centre.



Mondays, January 22 to February 12, 2018 – 1:30 to 3:30 p.m.

Dementia Education Workshops Presented by

Alzheimer Society of Brant, Haldimand & Norfolk, Hamilton and Halton.

This 4-week session is for caregivers of persons living with dementia. This series of workshops is the place to start to learn about dementia, to understand the progressive changes that occur and to discover what resources are available to you. No cost to attend. Registration must be through the Alzheimer Society by calling: 905 529-7030.

Step Ahead Foot Clinic. The nurses are here on the 2nd and 4th Wednesdays of the month. Starting in January 2018, the fee for foot care will be \$26.00 due to rising costs and payable to the nurse directly. Appointments are available from 9 a.m. to 1:30p.m. Book your next appointment at the reception counter.

Suggestion Box Location

The box is located on the west side of our fireplace in the main lobby. The box fits into the compartment there and is labelled. We welcome your suggestions. The office staff or the communication committee will get back to you, if you give us your contact information.





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

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!

Tuesday, February 6, 2018 – 12:30 to 3:30 p.m. – Conquer The Blank Page

The blank page stares at you, waiting, as you search for that something to launch, or continue your story. This one-day workshop will help you develop pages of that elusive something. You will create characters, experiment with dialogue and language, and story structure. By the end of the workshop you will have ideas for several stories and also a number of intriguing details to keep on file. Bring a pen and lots of paper, or a laptop. Suitable for beginners and more experienced writers. Register at the reception counter in advance.

Thursday, February 8 – 1:00 p.m. to 3:00 p.m. Winterfest Warm-Up and Open House

Join us at ASAC55+ for a FREE Winterfest Warm-up and Open House. Bring your friends! Enjoy tours of the facility and warm-up by our cozy fireplace while enjoying a complimentary hot beverage and delicious cupcake treats!



♥ Friday February 9th – 12 noon to 2:00 p.m. Valentines Luncheon

Join us for a delicious Chinese food served buffet style followed by Valentine's themed activities and prizes! Come by yourself or bring a guest. \$12.00 per person. Please register no later than Friday, February 2nd at Reception so we can give correct numbers to the caterer.



Tuesday February 13 – 10 a.m. to 11:30 a.m. Annual Pancake Tuesday

Enjoy a delicious complimentary pancake breakfast generously catered by our friends at the Meadowlands. Please register in advance no later than Feb 7 so Meadowlands knows how much food to prepare for us. Hope to see you there!

Thursday, February 15 – 1:00 to 2:30 p.m.

You will learn how to identify wants versus needs, ways to curb impulse spending, tips on becoming a smart and savvy shopper, and ways to avoid scams and fraud. A FREE presentation by the Credit Counselling Society. Sign up in advance at the Reception counter.

Monday, February 19

Please note ASAC will be open from 9:00 a.m. to 1 p.m. for drop-in programs only. (No winter session instructional classes will be offered.) See our Family Day drop-in schedule at ASAC reception counter.

Wednesday, June 27th, 2018 Fund Raising Golf Tournament - Can you help?

Put this special fund raising event on your calendar! There is a need for your support whether it is golfing, or donating prizes (lots of wonderful gifts were donated by members and friends from their own unused gifts. (We call it Re-Gifting.) We need all sizes of wicker baskets for wrapping and grouping gifts received. Items can be dropped off at ASAC or Shirley Glauser will pick them up. More info will be in the next few newsletters and in the Spring Journal.



Thought of the Month: "The Privilege of a lifetime is being who you are." Joseph Campbell