

## Happy Canada Day!



### Monday July 10 and Monday August 14 - Seniors Golf Scrambles – Oak Gables

Please arrive around 8:30 to be ready for the Shotgun start at 9:00 a.m. Cost \$50 Includes: 18 holes of golf, cart, lunch, some prizes and \$4 comes back to ASAC at the end of the golf season. You do not have to be a member of ASAC to participate in the monthly scrambles. Please call Oak Gables at 905 648-4653 to sign up.

### Friday, July 21 AND Friday August 25 - Summertime BBQs – 12 noon to 1:30 p.m.

Celebrate summer with your friends at our annual BBQs! In July enjoy a delicious gourmet sausage on a bun (or by itself) along with salads, refreshments and dessert! The August BBQ is grilled hamburgers with salads, refreshments and a dessert. Always a great time! Cost: \$7.00 per member. Sign up in advance at Reception. The BBQ replaces our usual pot luck lunch on Fridays.



### Mark Your Calendar! ASAC55+ FALL 2017 REGISTRATION

**Early Registration Form Drop-off Weeks:** August 14 – August 24, 2017

**Registration: (In-person, online & phone)** August 28, 2017

**Fall session starts week of:** September 18, 2017 for 12 weeks

## Save the Date

Thursday, September 7th, 2017

Ancaster Senior Achievement Centre

Seating is limited

RSVP Lisa 905-531-2339 or Margaret 905-973-1741

Presented by,



**The Ladies**  
OF ROYAL LEPAGE  
905.574.4600



KATHY DEILA-NERRIA | DIANA GALLACHER | MARGARET REID | LISA ROBITAILLE

### Senior's Home & Lifestyle Seminar

Fantastic Exhibitors & Speakers

Great Information to Live Life to the Fullest

Free Admission | Light Refreshments | Door Prizes

### HOME & LIFESTYLE SEMINAR – 10:00 a.m. – 1:30 p.m.

Join us for this FREE Information Series for the Mature Adult – What Matters to You. Complimentary light refreshments. Listen to speakers such as John the Handyman - who is a dream come true and Debby from Allies in Downsizing who can help you get organized. So much more will also be offered at this event. Make sure you register to receive a food voucher and seating for workshops.

TO RESERVE your spot call:

Lisa Robitaille: 905-531-2339 or

Margaret Reid: 905-973-1741.

### Wednesday, September 20, 2017 – 11:00 a.m. – 3:30 p.m Carmen's Tribute to Streisand, Diamond & Jones

Back by popular demand! We are participating in another great Carmen's Banquet Centre Lunch and Show. \$10.00 from each ticket sold at ASAC stays at ASAC.

Enjoy hearing Joni Lambert with the look and sounds of Barbra Streisand. She brings great excitement and the unmistakable vocals of the great Diva herself!

Hear Barbra's greatest hits and touching ballads. Also performing is Paul Tanner, Singer Impressionist who is a consummate entertainer that has amazed audiences from Las Vegas to Broadway! Paul is one of today's most sought after performers.

A show not to be missed! Tickets: \$62.50 per person. On sale now! Purchase at the ASAC Reception counter in advance.

STREISAND, DIAMOND  
& JONES



### Thursday, September 21 - Memory Project – 1 p.m.

The Memory Project has scheduled six 10 week courses in the last two years. Over 100 people have attended the courses and many have reported improvements in their processing speed, field of view, and recall. Overall, the response has been very positive. Most participants finished the course more confident in their capacity to learn and remember. And they had fun doing it! The Memory Team plans to offer two courses in 2017-18, perhaps three, if the demand is high. Two hour iPad Workshops will be held before the course to familiarize participants with iPads provided by ASAC . The next session will begin September 21, 2017. The next session will begin September 21, 2017. Mark it on your calendar for fall registration!

### Volunteer of the Year – Bob Harris

Congratulations to **Bob Harris**. He received **Senior of the Year Award for the City of Hamilton** for volunteering for many years “**Behind the Scenes**”. Thank you Bob for your continued dedication to our senior centre.



### Would you like to be a volunteer?

Let the office know if you have an interest in helping out the following committees. Meet some new members and share your talents. You can contribute, have some fun and help make our centre a special place. Let the office know if you are interested in the following committees.

- 1. Communication Committee:** First, thank you **Aubrey Smith** for your leadership of seven years as **Chair** of this committee. We need to find a new Chair as Aubrey is now going to concentrate on the 55+ Senior Games going forward. A photographer is also needed, as Steve Snowden is back in the work force and has less time available for us. Articles need to be sourced and/or written for the Journal. Media contacts need to be advised of our events. We need representatives to attend fairs and other Hamilton events to promote our centre. We hope to attract at least 3 new members. Our next meeting is **Wednesday September 13<sup>th</sup> at 8:45 a.m.** Drop in to see if this committee would be right for you or let the office know and a committee member will contact you.
- 2. Finance and Purchasing Committees:** Both are looking for new members. If you have skills in either of these areas, please let the office know and a member of the Advisory Board will contact you.
- 3. Cozy Kitchen Volunteers:**  
Thank you to all those who have volunteered in our Cozy Kitchen Café. Food service starts up again as of Monday, September 18<sup>th</sup> when our Fall session of programs begins. We always need more kitchen volunteers. If you can spare a few hours a week to help, please let the office or Carol Hudson know. It's a great spot to meet members and make new friends.

### Tone Chimes – Thursdays from 1:00 to 3:30 p.m.

Looking for new **Tone Chime** players! This is for those who can read music.

The class begins on Thursday, September 21, and only runs 'til Christmas. If you're interested: call Joyce at 905-648-6194 or email her at [jaidas1@cogeco.ca](mailto:jaidas1@cogeco.ca) and she will get back to you.



### ONE WAY FOR SAFETY – PARKING

It has been noticed that cars that cannot find a parking spot on the Alberton Road side of our building then turn into the **EXIT/OUT** lane and drive into the large parking lot. This could possibly cause an accident. Please observe that there is one-way traffic in both lots. You need to safely go to back on Alberton Road and reenter the entrance to drive to the bigger lot.

### Thought of the Month

“My sins of omission and commission I do not deny; but I trust that it may be said of me in the ultimate issue, ‘Much is forgiven because he loved much,’ for I have loved my country with a passionate love.” *Sir John A. Macdonald*

