

## EXPANDING OUR HORIZONS—Part III

**District 41's Third Wellness Day Oct. 18<sup>th</sup> St. Thomas Senior Centre**  
**Enjoy a continental Breakfast, Lunch and 3 Workshop sessions only \$20 (non-members\$25)**

**Keynote: Jim Waite: 'The Olympics—Canada's Shining Moment'**

**Workshops: Choose 3 of the following:**

- 1) Contemporary Art** : by Robin Barratta, Create a framable 8X10 mixed media tribute of a moment in time, a person or special place using your own photo, personal mementos, trinkets etc. All art materials are supplied; registrants will receive further details re personal items to include i.e. tickets stubs, trinkets, etc. A very popular project that can be a wonderful gift for someone special or a treasured keepsake.
- 2) Beading for Beginners** by *Aindrea McCready*: Learn the basic techniques used in beading. All tools and beading supplies provided. Make a beautiful necklace(our website has photos). Three tones to choose from: black, brown or green. Necklace length approx. 24". (\$20 charge for materials collected at registration.)
- 3) Understanding Arthritis** by *Ed Kenny*: What is arthritis? What are the warning signs? How can it be managed effectively and what can the Arthritis Society can do for you?
- 4) Exotic Fruits and Vegetables** by *Harold Griggs* of Real Canadian Superstore: Listen, learn and taste! Learn how to incorporate these fruits and vegetables into your everyday diet.
- 5) Golf** by *Andrew Pearson* of the St. Thomas Golf and Country Club: Learn to analyze and correct your swing. Practice drills that will improve your score.
- 6) Aging in a Healthy Way** by *Dr. Doug Pooley*: Let Doug's knowledge, gained through years of being a chiropractor, help you live a more active, healthier life.
- 7) Packing for Travel** by *Katherine McCallum* of Southbound Boutique: Why drag a 50 pound monster to the terminal? Pack efficiently, but be dressed for every occasion.
- 8) Winterizing Your Yard** by *Jim Stinson* of Canadale Nurseries: Jim will advise participants what to prune what not to prune, what to wrap (and how) and what to leave exposed as we prepare for the winter of 2010 and for the warmth of spring 2011
- 9) Poker 101** by *Bob Lockyer* of Pirana Poker Tour. Learn the fundamentals and techniques of successfully playing "Hold 'Em" poker so that you can leave the casino with your shirt intact.
- 10) Schemes and Scams** by *Constable Cam Constable*: Be a wary consumer! There are frauds and cheats just waiting to take your money! Be informed! Be aware! Protect yourself.
- 11) Barbecuing** by *Jim Collins* and the "North of the Border Smoking Squad", fresh from the "Eggtoberfest" bbq competition in Atlanta will talk about different grilling techniques, recipes, rubs and marinades, competition barbecuing and will demonstrate how to prepare and grill the perfect steak.
- 12) Brain Fitness** by *Stacy Wraight* of the Alzheimer's Society: Use it or lose it! Learn about ways to exercise your grey matter through interactive quizzes, games and puzzles.
- 13) Photography** by *John St. Pierre* of the St. Thomas Photographers' Guild: Bring your camera and manual as John uses his slides to illustrate a variety of settings and effects that will make you 'picture perfect'.
- 14) Make Up for Seniors** by *Vicki Balas* of Jay Dancin': Learn about skin care products made from natural sources that enhance your looks and the health of your skin.
- 15) Investing Safely** by *Michael Spohn* of Educators Financial Group: What should you do with your RRSP accounts? Is your asset mix properly aligned with your goals? How can you use the TFSA to your advantage?
- 16) Poker Tournament** by *Bob Lockyer* of Pirana Poker Tour: Bob's professional dealers will lead you through a one hour 'Hold Em' tournament, with prizes, but no fees!
- 17) Beer Tasting** by *Barbara Ziola* of the Railway City Brewing Co. Sample beer made right here in St Thomas, including some of head brewer Barbara's latest creations. Learn how beer is brought to its peak and discover which beer enhances your favourite foods.
- 18) Tai Chi** : Experience a fascinating demonstration and introduction to a gentle and graceful form of mobility, presented by the Taoist Tai Chi Society of London. Wear comfortable, loose clothing.

**Note: Please use the template when selecting workshops, to ensure that your first 3 choices have no conflicts in timeslots.**

Time	Board Room	Joanne Brooks Room	Craft Room	Exercise Room	Kinsmen A	Kinsmen B	Kinsmen C	Outdoors
8:00—8:30	<i>Registra-</i>	<i>tion</i>	<i>at the</i>	<i>South</i>	<i>Entrance</i>			
8:30--10:15		Visit	Displays	Breakfast,	Introduction s	And	Keynote by Jim Waite	
Coffee Break 10:15-10:45		Visit	Displays					
Session 1  10:45--11:45	Contemporary Art  Robin Baratta	Golf  Andrew Pearson	Jewelry  Aindrea McCready	Under- standing Arthritis  Ed Kenny	Exotic Fruits  Harold Griggs	Healthy Aging  Dr Pooley	Packing for Travel  Katherine McCallum	Barbecuing  Jim Collins
Lunch 11:45-1:00		Visit	Displays					
Session 2  1:00--2:00	Contemporary Art  Robin Baratta	Poker 101 Bob Lockyer	Jewelry  Aindrea McCready	Brain Fitness Stacy Wraight	Make-up for Seniors  Vicki Balas	Winteriz- ing Your Yard  Jim Stinson	Schemes and Scams  Cam Constable	Barbecuing  Jim Collins
Coffee Break 2:00-2:30								
Session 3  2:30--3:30		Poker Mini Tourn ament  Bob Lockyer	Invest Safely  Michael Spohn	Tai Chi  Taoist Tai Chi Society of London	Make-up for Seniors  Vicki Balas	Photo- graphy  John St. Pierre	Beer Tasting  Barbara Ziola	

**Registration Form-District 41 Wellness Day *Expanding Your Horizons***

**Open to all retired educators and their spouses.**

**Monday, October 18, 2010**

**8:30—3:30**

Make **5 choices** *in order of preference*. You will be able to attend **3 sessions**. Workshops will be slotted in the order in which registrations are received. Your registration will be confirmed by either email or standard post. Payment must accompany the registration. Please make cheques payable to District 41 RTO. (two people can register on one form)

Name(s) \_\_\_\_\_ Telephone \_\_\_\_\_

**e-mail address (to confirm choices)** \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postal Code \_\_\_\_\_

Sessions: Name \_\_\_\_\_

Name \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

5. \_\_\_\_\_

Mail registration form **with payment \$20 (non members \$25)** to:  
Wayne Grosvenor 113 Southgate Pkwy  
N5R 0A2 519-631-0446

**Note: Please use the template when selecting workshops, to ensure that your first 3 choices have no conflicts in time slots.** (this template may change depending on the demand for certain workshops)