
MEADOWVALE SENIORS SOCIAL CLUB MARCH 2026 NEWSLETTER



Welcome to this month's edition of our newsletter. I hope everyone is keeping well. You can tell Spring is just around the corner. The days are getting longer, and the weather is starting to warm up so we can begin to enjoy the spring days ahead. Spring officially arrives on March 20th. Wishing you all a wonderful springtime!

Tai Chi

In February, Peter Chan, our Tai Chi Instructor, put on training sessions for our members to learn how to do Tai Chi. Peter, you are much appreciated for all you do day in and day out to promote and provide Tai Chi. Staying afterwards to teach Tai Chi goes far beyond what is expected. Thanks so much Peter for all your dedicated efforts to our Seniors Club to keep us active and healthy. Special thanks also to Madhu Patel who filmed these training sessions and put these videos on the WhatsApp group for our Tai Chi members.

MEMBERSHIP CARDS

Just a friendly reminder to all our Senior Club Members that it is important to ensure you always have your membership card with you in case of emergencies. You can either wear your lanyard or make sure it is somewhere visible. Also make sure your emergency contact information, located on the back of your card, is up to date. Thank-you for your understanding and cooperation.

MSSC WEBSITE

Our monthly newsletter and calendar are available on our website <https://mssc.world>. Please visit our website for these publications. The newsletter and calendar will also be posted on the bulletin board.

UPCOMING EVENTS

March 2nd – Bingo Bus to Six Nations, Oshweken. Bus leaves from Vic Johnston Arena at 9:00AM and then to South Common. Cost is \$55 and includes your bus fare, lunch and a \$75 bingo package. Please contact Kay Hughes at **khghescanada@gmail.com** or call her at **416-453-0091** for further information

March 4th – 10:00AM to noon, Teaching session on Euchre, Bid Euchre and Cribbage. If you would like to learn how to play cards now is a good time. Club members will be available to teach you how to play Euchre, Bid Euchre and Cribbage. A sign-up sheet has been posted on the bulletin board. Euchre spots are filling up fast but spots are still available for Cribbage and Bid Euchre. For Bid Euchre you must already know how to play Euchre. Another session is scheduled for April 1st. A sign-up sheet will be posted on the bulletin board.

March 9th & 16th - Casino bus trip to Fallsview with stop at Magnotta Winery. Leaves Meadowvale CC at 10:00AM. Cost is \$30 and includes bus fare and \$35.00 in slot play. Please contact Kay Hughes at **khugescanada@gmail.com** or call her at **416-453.0091** for further information.

March 16th to 20th. - There will be no activities during March break from March 16th to 20th as Kids Spring Break Camp takes place that week. Tai Chi will be outdoors weather permitting.

March 25th – 10:30AM to Noon. Snack & Learn.

March 27th - 10:30AM to noon. Trivia and Treats sponsored by Sunrise Senior Living. Come out and join us for a game of Trivia. A sign-up sheet will be posted on the Bulletin Board.

April 3rd - Good Friday. No activities that day as Community Centre is closed. Opened for Easter Monday.

April 15th - Snack & Learn. Topic is Take Control of Your Dementia, and the speaker is Baycrest Health Science. This is a rescheduled session from February 18th. For those already signed up for this session consider yourself registered for April 15th. Please contact Gloria Schubert at **learn@mssc.world** or call her at **905-855-1082** to let her know if you registered and can't make it on that day.

April 24th - 10:30AM to noon. Spring Fling with our very own DJ John Lewis. Come out and shake the winter blues away! You will sure have a wonderful time. Coffee & Tea will be served. There will be sign-up sheet posted on the bulletin board.

May 6th - 10:30 AM to Noon – General Meeting and Potluck. Councillor Martin Reid will join us to address any questions or concerns you may have and what matters most to us while attending our club's activities. More information will be provided. Bingo to follow at 1:00PM.

May 18th – Victoria Day. No activities that day as the Community Centre is closed.

May 20th – 10:30AM to Noon. Snack & Learn.

May 29th – 10:30 to Noon – Karaoke and Coffee. Karaoke singers are invited to showcase their favorite song. Music supplied by our very own DJ John Lewis. Members, please come out to enjoy listening and singing along with our karaoke singers. You may even feel the urge to get up and move to the music. An entertaining time will be had. There will be a sign-up sheet posted on the bulletin board and a separate sheet for our karaoke singers to provide their song choice.

June 19th – 9 to 11:00 AM – Councillor Reid's Senior Fair. Exhibitor's display of information for Seniors and free giveaways. This is always a fun event to attend so mark this on your calendar. Our Senior's club will have a table, so you are welcome to drop by and say hello.

June 26th – Noon to 3:00 PM Canada Day Celebration. Please mark this day on your calendar. More details will follow.

July 1st – September 4th – Summer schedule will be in place. No activities on Canada Day July 1st, Civic Holiday on August 3rd and on Labour Day September 7th as the Community Centre is closed on these dates.

Victor Cottrell

President