



Mother's Day is on May 10<sup>th</sup> and is the day we pay tribute to our Mothers. I would like to wish all our Mother's a Happy Mother's Day. Enjoy your Special Day!

### **Club Announcement – New Tai Chi You-Tube Channel**

We're pleased to share that the club has launched a new YouTube channel featuring a series of short clips demonstrating the Tai Chi routine. These videos are designed to serve as both a reference and learning aid – especially for members who are housebound but wish to stay active

[https://www.youtube.com/@TaiChi\\_Meadowvale](https://www.youtube.com/@TaiChi_Meadowvale)

[Please copy and past the link into your browser]

Regular Tai Chi practice is known to support muscle strength, flexibility and balance making it a gentle yet effective way to maintain well-being. We hope these clips help you continue your practice at your own pace and in the comfort of your home. Stay well, enjoy the sessions and please “like” and “subscribe” to the channel. Special acknowledgements to Peter Chan, Chris Trinidad and Madhu Patel for making this possible.

### **Volunteer Opportunity with the City of Mississauga**

Just a note to let you know that the City of Mississauga, Waste Management, Environmental Sustainability is looking for skilled volunteers to fix everyday items such as bicycles, clothing and textile, small electronics, small household appliances and more. In so doing you would be giving back to the community in a meaningful way to help reduce waste and support sustainability, strengthen and showcase your talent and connect with like minded residents. The repair workshops are held every month or two with the next one being in June. If anyone has the skills in repairing these items and would like to help out, you can apply at the following links:

[1] <https://bttr.im/qhyqq> [2] <http://www.mississauga.ca/>

Please let me know if you are interested and need any further information

## **UPCOMING EVENTS**

**May 6<sup>th</sup>** - 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.

**May 7<sup>th</sup> and 11<sup>th</sup>** - **Casino bus trip to Fallsview with stop at Lapennaco.** Leaves Meadowvale Go Station at 10::00AM. Cost is \$35 and includes bus fare and \$35.00 in slot play. Please contact Kay Hughes at [khughescanada@gmail.com](mailto:khughescanada@gmail.com) or call her at **416-453.0091**

**May 14<sup>th</sup> - 3 to 4PM** - Teaching Session on Cribbage.  
A sign-up sheet will be posted on the Bulletin Board.

**May 18<sup>th</sup>** – Victoria Day. No activities that day as the Community Centre is closed.

**May 20<sup>h</sup>** – 10:30AM to Noon. **Snack & Learn.**  
Fire Safety presented by the Mississauga Fire Department

**May 25<sup>th</sup>** - **Bingo Bus trip to Six Nations.** Leaves Meadowvale Go Station at 9:00AM and then to South Common. Cost is \$55 and includes bus fare, lunch and \$55.00 in bingo cards. Please contact Kay Hughes @ [khughescanada@gmail.com](mailto:khughescanada@gmail.com) or call her at **416-453.0091**

**May 29<sup>th</sup>** – 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. Please contact Victor Cottrell @ [pres@mssc.world](mailto:pres@mssc.world) or call him at 905-820-2696

**June 10<sup>th</sup>** – 10:30AM to Noon – **Canada Day Ticket Sales.** This is a member only event. **You can purchase one ticket for yourself and one for another club member. Please ensure you have proof of membership with you.**

**June 19<sup>th</sup>** – 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 26<sup>th</sup>** – Noon to 3:00 PM **Canada Day Celebration.** Please mark this day on your calendar. Tickets will be sold on Wednesday June 10<sup>th</sup> from 10:30AM to noon.

**June 29<sup>th</sup> – September 4<sup>th</sup>** – **Summer schedule** will be in place. Please refer to the Calendar. No activities on Canada Day July 1<sup>st</sup>, Civic Holiday on August 3<sup>rd</sup> and Labour Day September 7<sup>th</sup> as the Community Centre is closed for Statutory Holidays.

*Victor Cottrell*

*President*