

Take one it's...FREE

ISSUE | 12

# CKSenior

ADDRESSING THE NEEDS & OPINIONS OF SENIORS LIVING IN CHATHAM-KENT



# WELCOME

## Welcome to CK Senior, Issue 12

"April showers bring forth May flowers!" It's not hard to take the rain when you know what lies ahead. It's that time of year again when our memories are jogged of how quickly nature comes alive, once more as we witness our plants bursting through the soil to greet us and our trees begin to bud right before our eyes. We all look forward to getting back outside to enjoy the warmer weather and maybe take a walk, get back into the garden, ride our bike or take up a new hobby. Spring is the time for new beginnings!

As always, it was a pleasure putting together this publication and many thanks go out to all of our advertisers for making this 12<sup>th</sup> issue possible. We hope that as you go through these pages you are reminded once again about all of the wonderful businesses and services that we have available right here in our own community that address the needs of seniors living in Chatham-Kent.

Alfred Lord Tennyson wrote, "In the spring, a young man's fancy lightly turns to thoughts of love." George Burns wrote "Young. Old. Just Words".

Enjoy each day to the fullest, and remember...*It's alright to slow down, just don't stand still.*

Stay safe and stay well!

Sincerely,



Andrew Thiel, President

Mark Requena, VP / Website Development

Grant Smith, IT Specialist

Lisa Persyn, Graphic Designer

Candice Cottingham, Graphic Designer

Nancy Schlereth, Sales Manager

Jill Gale, Sales Rep, Dresden/Wallaceburg



website | design | marketing

159 King Street West, Chatham, ON N7M 1E4  
519.397.4444 | info@athielmarketing.com

**"Life is like riding  
a bicycle. To keep  
your balance, you  
must keep moving."**

**- Albert Einstein**





*The Verandas* <sup>50+</sup>  
AT PRESTANCIA



# WELCOME HOME

AN ADULT LIVING COMMUNITY



WEEKLY OPEN HOUSE:  
TUES & THURS: 1-3 / SAT: 1-3:30



DIRECTIONS:

Take Keil Trail North off McNaughton Avenue West, straight to The Verandas at Prestancia (turn left).



*Gilles*  
**MICHAUD**  
CONSTRUCTION LTD.  
*Custom Built Homes*



Find us on  
Facebook®

WWW.YOURLASTHOME.CA | 519.354.8467

# SMILE, LISTEN,...LIVE

Staying healthy and keeping your independence is the key to quality living.

## DENTURE SERVICES:

- SECURE & COMFORTABLE DENTURES
- COMPLIMENTARY CONSULTATION
- ORAL EXAMINATIONS
- QUICK REPAIR & REFITTING
- SNORING & SLEEP APNEA SOLUTIONS
- TEETH WHITENING
- MOUTH GUARDS

## HEARING SERVICES:

- AUDIOMETRIC TESTING
- COMPLIMENTARY CONSULTATION
- SUPPLIER OF LYRIC  
(100% INVISIBLE, 24/7 WEARABLE)
- BEST HEARING AID WARRANTIES AND BRANDS
- WIRELESS FM SYSTEMS
- NOISE & SWIM PROTECTION

\*INTEREST FREE  
FINANCING AVAILABLE



CHATHAM | TILBURY | WALLACEBURG



519.352.1600 | [www.chathamdentures.com](http://www.chathamdentures.com)

*Creating your best smile...*



519.352.1600 | [www.canadianhearing.ca](http://www.canadianhearing.ca)

*Bring back the sounds of life.*

## Featuring

**Pg. 7 THE ART OF THE OUTDOORS,  
NATURALLY**

*Nature's Pride Landscape Group Inc.*

**Pg. 8 ABOUT THE COVER**

*Cycling for a cause*

**Pg. 12 UNDER ONE ROOF!**

*Infinity Medical Skin Specialists & McGregor  
Naturopathic*

**Pg. 13 CUSTOM ORTHOTICS**

*Zandberg Foot Clinic*

**Pg. 13 HOT AND NUTRITIOUS MEALS**

*Meals on Wheels*

**Pg. 14 HOMEMADE MEALS**

*What's 4 Dinner & Bakeshop*

**Pg. 15 CALLING ALL 55+ MEN AND  
WOMEN!**

*Chatham-Kent Senior Games*

**Pg. 16 YOUR PET'S HEALTH**

*Chatham-Kent Veterinary Hospital*

**Pg. 17 JUST IMAGINE...**

*Crock A Doodle*

**Pg. 17 JOIN FOR THE HEALTH OF IT!**

*St. Clair College HealthPlex*

**Pg. 19 QUALITY CONVENIENT  
PROGRAMS**

*VitalAire*

**Pg. 20 CREATING AN INVITING  
ATMOSPHERE**

*Bedrooms & More MFG. LTD.*

**Pg. 20 A COMMUNITY WITHIN A  
COMMUNITY**

*Oaks Retirement Village*



**Pg. 21 NEW BEGINNINGS**

*New Beginnings Brain Injury Association of  
Chatham-Kent*

**Pg. 23 ASK THE EXPERT**

*Ted G. Dalios, DD, HIS*

**Pg. 25 WARM BREAD PUDDING RECIPE**

*Kettles' in Ridgeway*

Send us your  
Favourite  
Pet Photo!



FOR A CHANCE TO RECEIVE A  
**\$50 Gift Certificate for**



Valid at their new location:  
647 Grand Ave. Chatham

AND A DONATION TO  
OSPCA CHATHAM IN YOUR PETS NAME!

**Pg. 16  
for details**



# HOLLAND ACCU-OPTICAL

*see something beautiful* **hoo**

MON - FRI 8:00 AM - 5:00 PM SAT 9:00 AM - 12:00 PM

519.352.8632

**Transitions**  
ADAPTIVE LENSES

200 KING ST. WEST, DOWNTOWN CHATHAM

**WWW.HOLLANDOPTICAL.CA**

WE NOW HAVE  
AN OPTOMETRIST  
ON SITE ACCEPTING  
NEW PATIENTS!



**THESE ARE YOUR EYES  
WITHOUT UV PROTECTION**

You only have one pair of eyes,  
don't make the mistake of frying them.

**Tilbury Manor**  
Long-Term Care Home

Quality <sup>In</sup> Care  
The Country



[www.diversicare.ca](http://www.diversicare.ca)

16 Fort St. Tilbury, ON N0P 2L0 | 519.682.0243



FOUNDATION OF  
CHATHAM-KENT

*Health Alliance*



**PLEASE DONATE TODAY!**

519.436.2538

[www.foundationckha.com](http://www.foundationckha.com)

9 Ursuline Ave., Chatham

325 Margaret Ave., Wallaceburg

Mail to: 9 Ursuline Ave., P.O. Box 2030,

Chatham, ON N7M 5L9

\*All donations are tax deductible.

Charitable Registration: 96477 2760 6203007

## Have you received exceptional care at CKHA?

*Whether it be a warm smile to greet you, a volunteer to show you the way or kindness demonstrated to you or a loved one while receiving care at Chatham Kent Health Alliance (CKHA), your experiences matter to us.*

### Grateful Patient Program

If you have received quality and compassionate care at CKHA, please consider a gift to the Foundation of CKHA's Grateful Patient Program in honour of the dedicated, caring and professional staff, physicians and volunteers at CKHA who provide exceptional care every day.

All contributions to the Foundation of CKHA remain in Chatham-Kent and are instrumental in supporting CKHA in their efforts to provide patients, and their loved ones, with continued quality local level care at both the Chatham and Sydenham Campuses. Over the years, contributions have helped to maintain and improve hospital equipment and facilities, support specific projects, programs and services and meet CKHA's Most Urgent Capital Equipment Needs.

*Your gift can be designated to one of the Foundation of CKHA's current campaigns, to CKHA's Most Urgent Capital Equipment Needs and/or to the CKHA department, program or campus of your choice.*

### About the Foundation of CKHA

The Foundation of CKHA works to enhance the quality of health-care available to the citizens of Chatham-Kent by raising funds and providing other resources to support CKHA. It accomplishes this through annual campaigns, capital and endowment campaigns, memorial giving, special events and planned giving.

To date, the Foundation of CKHA has raised more than \$36 million.

*Thank you for your support!*

# The Art of the Outdoors. Naturally.

## Wayne Michaud and Nature's Pride Landscape Group

Wayne Michaud, a landscape designer, is a true craftsman, getting his inspiration from nature and the outdoors. He has a passion for creating beautiful outdoor spaces that are both functional and aesthetically pleasing. He has a wealth of experience in landscape design, from residential to commercial, and has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing.

Wayne's passion for the outdoors is reflected in his work. He has a deep understanding of the natural world and how to incorporate it into his designs. He has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing. He has a wealth of experience in landscape design, from residential to commercial, and has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing.

Wayne's passion for the outdoors is reflected in his work. He has a deep understanding of the natural world and how to incorporate it into his designs. He has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing. He has a wealth of experience in landscape design, from residential to commercial, and has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing.

Wayne's passion for the outdoors is reflected in his work. He has a deep understanding of the natural world and how to incorporate it into his designs. He has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing. He has a wealth of experience in landscape design, from residential to commercial, and has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing.

Wayne's passion for the outdoors is reflected in his work. He has a deep understanding of the natural world and how to incorporate it into his designs. He has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing. He has a wealth of experience in landscape design, from residential to commercial, and has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing.

Wayne's passion for the outdoors is reflected in his work. He has a deep understanding of the natural world and how to incorporate it into his designs. He has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing. He has a wealth of experience in landscape design, from residential to commercial, and has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing.

Wayne's passion for the outdoors is reflected in his work. He has a deep understanding of the natural world and how to incorporate it into his designs. He has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing. He has a wealth of experience in landscape design, from residential to commercial, and has a proven track record of creating beautiful outdoor spaces that are both functional and aesthetically pleasing.



Wayne Michaud  
Landscape Designer





# ABOUT THE COVER

## Cycling for a cause

Photography provided by:

Mark Requena Photography

[www.markrequenaphotography.ca](http://www.markrequenaphotography.ca)

We all remember our first set of wheels, our bicycles! There was nothing quite like jumping onto your bicycle, meeting up with your friends, and completely losing yourself and all track of time riding around from here to there. It was a staple for most of us during our youth and is a lost activity to many of us as we age, but for some it continues to be a vital part of our daily exercise routine.

Our cover photo features Susan Nuttall and Roger Carron, both members of the Chatham-Kent Community Cycling Group. Susan and Roger cycle for **"Fun, Food, Fitness and Friends!"** Both are also avid cyclers for numerous local fundraising events. One of the longest fundraising rides is the MS Bike Tour which runs from Grand Bend to London and back again. This will mark the 8<sup>th</sup> year for Susan and the 15<sup>th</sup> year for Roger participating in this event, while raising funds for this cause. Initially the team Roger rode with, consisted of himself and a half dozen or so female riders,



dubbing the group name **"Roger's Angels."** Roger and Susan are looking forward to participating again this year, in the MS Bike Tour with a team of all ages from Chatham-Kent, still riding for **"Fun, Food, Fitness, Friends and a cause!"**

**~Good Luck Angels!**



## Schiestel Insurance Inc.

Home | Auto | Commercial | Travel



350 Lacroix St. Unit 4 Chatham, ON N7M 2W3 | 519.358.1425



# Riverview Gardens



519 King St. W.  
Chatham, ON N7M 1G8



[www.chatham-kent.ca/RiverviewGardens](http://www.chatham-kent.ca/RiverviewGardens) | 519.352.4823

*Celebrating Life  
and Love!*



Together, we provide exceptional, resident - focused care while respecting and protecting those who call Riverview Gardens their home.

Nestled in a beautiful setting beside the Thames River in central Chatham, Riverview Gardens offers a friendly community atmosphere. Quality care has been at the heart of our home for over a century. Our home is committed to providing exceptional, residential long-term care services for approximately 320 residents. Residents have access to a range of medical, personal, dietary, and recreational services to meet individual care needs.

If you are considering Riverview Gardens and would like a tour or more information, please contact our Social Worker / Admissions Coordinator at **519.352.4823 ext. 6146**. Private tours are available by appointment.

## Our Services:

- 24 hour nursing care
- Personal and individual care
- Recreational and social activities
- Rehabilitation services
- Nutritious meals and snacks
- Laundry and housekeeping services
- Trust fund account management
- Counselling
- Palliative (end of life) care



# The Grocery Getters



[thegrocerygetters.ca](http://thegrocerygetters.ca)

519.365.6071

**Finally...**  
an affordable grocery delivery service  
located in Chatham-Kent.

ONLINE ORDERING, just Pick & Click!

Our online grocery catalogue is easy to browse and select the item and quantity you need. We have hot and cold bags with our delivery service to ensure your groceries stay at the right temperature.

**No Computer...  
No Problem!**

Feel free to call us anytime.  
Even place your order the night before!

519.365.6071

Grocery List:

- Bananas
- Broccoli
- Baby Formula
- Cheese
- Dog Food
- Flour
- Soda
- Bread
- Milk
- Paper Towels
- Light Bulbs
- Shampoo & Conditioner
- Spaghetti & Pasta Sauce

Easy as 1-2-3!

190 STANLEY AVE CHATHAM  
519.354.CARE (2273) • [WWW.EDENVILLA.CA](http://WWW.EDENVILLA.CA)



RETIREMENT & ASSISTED LIVING



24/7 NURSING STAFF • PRIVATE ROOMS  
NUTRITIOUS MEALS AND SNACKS  
PHYSIOTHERAPY, ACTIVITIES, AND MORE...  
2013 newly renovated rooms, will be available soon.

# SLOTS FOR SENIORS

ENDLESS EXCITEMENT  
FOR EVERYONE  
TO ENJOY!



519.397.4444 | [info@slotsforseniors.com](mailto:info@slotsforseniors.com)

[www.slotsforseniors.com](http://www.slotsforseniors.com)





## chatham retirement resort

Proudly managed by Community Lifecare Inc.  
www.communitylifecare.ca



25 Keil Drive North, Chatham, ON N7L 5J9

*Chatham Retirement Resort is the place to be.  
Come and visit us to see.  
24-hour Registered staff and a lifeline that's new  
Our 24-hour Healthcare staff are all trained too.*

*Meals are prepared with a 5-week plan.  
Our meals are exciting, delicious, not bland.  
No more grocery shopping to do.  
You can be a member of our food committee too.*

*We will do your laundry and housekeeping.  
No more laundry that is ever heaping.  
Now you don't have to climb the stairs,  
And worry of falling with your basket of wares.*

*Our Activity staff are great,  
Their schedule is always on time, never late.  
Check out our activity calendar on-line.  
You will be amazed at activities so fine.*

*You can be active with all the events,  
Or enjoy a book that you've been sent.  
Never a dull moment to sit and stew.  
Van trips, bingo, cards, musicals to name a few.*

*Our Management staff are always available too.  
To give you a tour or tie up a shoe.  
The Managers have all been there a long time.  
So that is always a very good sign.*

*The Company is Family owned and run,  
With over 50 years experience and fun.  
Trust the company that is the Best.  
Move in today and let us do the rest.*



519.351.7777 | [www.chathamretirement.ca](http://www.chathamretirement.ca)



# Infinity Medical Skin Specialists & McGregor Naturopathic... **UNDER ONE ROOF!**

220 St Clair St. Chatham ON N7L 3J7 • 519 354 6600



- Botox, Injectable Fillers
- Laser Hair Removal
- Microdermabrasion
- Tattoo Removal
- Teeth Whitening
- Collagen Induction Therapy

...and more!

[www.infinitymedicalcosmetics.com](http://www.infinitymedicalcosmetics.com)



- Clinical Nutrition
- Botanical Medicine
- Lifestyle Counselling
- Traditional Chinese Medicine (TCM)
- Physical Medicine
- Sublingual Therapy

...and more!

[www.mcgregornd.com](http://www.mcgregornd.com)



Infinity Medical would like to introduce you to Sandra Morley.

Sandra is an RN with many years of training and experience in Sclerotherapy and is now available every Wednesday from 2:00 pm to 7:00 pm at Infinity to do Sclerotherapy.

Sclerotherapy is typically used in treatment for spider veins and varicose veins. For anyone who has tried compression stockings and leg elevation without success, this procedure is for you. If you do not like the appearance of the veins on your legs and thighs, this is for you. Get rid of them with a 45 minute treatment with Sandra.

Hypertonic saline is injected directly into the vein with a very fine needle to repair the vein. Your RX is compression stockings and to walk to keep the blood flow moving into all your veins.

The good news is that you do not have to travel to London or Windsor for this procedure. It is done right here in Chatham at Infinity Medical. Many local physicians are referring their patients to us for Sclerotherapy and Skin Tags.

Naturopathic medicine is a healthcare field which focuses on treating the underlying cause of disease through natural means. The information regarding natural health in the media can be overwhelming! There are countless publications, TV shows, and radio personalities promoting natural health products to the public. Often this is well intentioned, but still leads to confusion.



Naturopathic Doctors are trained medical professionals specializing in natural approaches to health. Through clinical examination, laboratory diagnostics, and clinical consultation, Naturopathic doctors can evaluate your health and establish a plan to improve your well-being naturally.

Whether you are suffering from chronic pain, digestive issues, memory loss, sleep issues, cardiovascular disease, or just want to age in a healthy way, a Naturopathic Doctor can help!



**Providing foot treatments in the community since 1993!**



**Services:**

- Nail Disorders/Fungus
- Ingrown Toenails
- Warts
- Painful Heels
- Digital Disorders
- Plantar & Digital Corn Treatments
- Ankle Sprains
- Rheumatoid Arthritic Feet
- Intermetatarsal Neuromas
- Children's Foot Assessments
- Foot Mobilization Technique

**We also offer:**

- Diabetic, Geriatric & Pediatric Footcare
- Shockwave Therapy
- CO2 Laser Surgery
- Custom Orthotics
- Toe Appliances
- Shoes

**ZANDBERG FOOT CLINIC**

Al Zandberg, D.Ch.  
Registered Chiropodist/Foot Specialist

264 Wellington St. W.  
Chatham, ON  
N7M 1K1  
**519.351.9762**

# CUSTOM ORTHOTICS

## What do they do?

Orthotics are custom-made devices that are placed in footwear and are designed to alter foot function. This brings the bones, muscles, and ligaments of the feet and legs into a more stable and functional position. This reduces overpull and strain that occurs all of the way up the kinetic chain.

Orthotics are used for treatment of:

- Plantar fasciitis
- Capsulitis
- Shin Splints
- Metatarsalgia
- Neuroma
- Runner's Knee
- Bunions

Many people who think they have received custom-made orthotics have not. A true custom-made orthosis is made from a 3-dimensional casting of the foot.

Custom-made foot orthosis include a biomechanical exam by a Certified Foot Specialist with the clinical and professional training to offer sound clinical advice.

Health care professionals have extensive knowledge in areas specific to their specialty. Chiropodists and Podiatrists have expertise relating specifically to the feet.

# HOT AND NUTRITIOUS MEALS

## Delivered to your door

Meals on Wheels programs in Chatham-Kent deliver hot and ready to eat meals right to your door. Meals on Wheels promotes health and independence by providing balanced, home-style meals to clients throughout Chatham-Kent. Meals on Wheels clients include seniors, people recovering from illness or surgery, and people with disabilities, and there is no referral necessary.

Meals on Wheels Chatham-Kent provides nutritious meals for those who want to maintain or regain their strength and continue a healthy lifestyle in their own home. Alongside the provision of good meals, the Meals on Wheels program values social interaction with each client. Clients and volunteers can enjoy a short visit while engaging in conversation and ensuring the safety of our clients. If you or someone you know could benefit from receiving Meals on Wheels, call us today!

**519.351.MEAL (6325)**

**[www.mealsonwheelsck.com](http://www.mealsonwheelsck.com)**

Signing up is easy and meal delivery can start as quickly as the next day.

*Gift certificates also available and can be ordered online in any denomination*



**Meals on Wheels  
Chatham-Kent  
is dedicated to supporting  
health, well-being and  
independence.**

**519-351-MEAL (6325)**

**MEALSONWHEELSCK.COM**

# HOMEMADE MEALS

Just add heat!

**What's 4 Dinner and Bakeshop** is located at 6 Lowe Street (just off of St. Clair) and is owned and operated by Kathy Moore along with her ten employees. The majority of Kathy's employees are retired, live in Chatham-Kent, and just love to bake and cook.

**What's 4 Dinner** provides homemade meals both in individual and family size servings. They offer daily specials and homemade baked goods, and pride themselves for their large selection of hearty homemade soups. The freezers are stocked with a variety of homemade meals and baked goods providing a convenient way to shop for yourself, your parents, and your children-those at home and those that may be away at school. When you purchase your meals at What's 4 Dinner, you have no chopping, no shopping, no clean up, and no waste. What you do have are homemade meals and all you need to do is "Just Add Heat!"

Special orders can be placed in advance, drop by and ask for details.

Also while you're waiting for your order to be filled, visit "Kathy's Closet" upstairs where you can find unique treasures in our consignment boutique.

519.351.7905 | [whats4dinnerchatham.ca](https://whats4dinnerchatham.ca)

**JUST  
ADD  
HEAT!**

What's  
**4**  
Dinner  
& Bakeshop



6 Lowe Street (just off St. Clair St.) Chatham, ON

Hours: Mon to Fri: 9:30am - 5:30pm | Sat: 9:30am - 3:30pm



*"We provide quality compassionate care with peace of mind for our residents and families."*

## Copper Terrace

Peace of mind with compassionate quality care.

- Rehabilitation Programs
- Hairdressing Service
- Chapel and Pastor
- Dietary Needs (prepared on site)
- Life Enrichment Programs
- Offsite Outings

91 Tecumseh Road in Chatham, ON • 519.354.5442 • [www.copperterrace.ca](http://www.copperterrace.ca)

Copper Terrace is a 138 - bed long term care home situated in a lovely residential area of Chatham. You get a warm feeling when you enter through the doors and are soon greeted by residents and staff. The home features four units, all of which have their own dining areas. In the common area of the home our residents can mingle with each other, participate in activities, visit the onsite chapel, just relax and watch TV with others, and, on a nice day, enjoy the beautiful garden area which includes a gazebo, garden benches, and a large picnic area. We take pride in maintaining and keeping our home cheery and bright and plans are in the works for future makeovers for our home. Copper Terrace's main goal is to provide the care needed and the surroundings required to feel like home!

*For more information or to arrange a tour, drop by or give us a call. We look forward to having you as part of our family!*





**22 events  
74 days**

# FUN, FITNESS & FRIENDS

*The Chatham-Kent Senior Games are here!*

**APRIL 2 TO JUNE 14, 2013**

Sign up for over 22 indoor and outdoor events being offered throughout the Municipality of Chatham-Kent

Enjoy friendly competition for all Chatham-Kent 55+ residents. Be part of the 55+ generation of 33,000 plus Chatham-Kent citizens. Finalists will have the opportunity to advance to the Regional Games being held this year in the Mt. Brydges area on August 14, 2013.



For further information contact:  
Don Hector, District Coordinator  
**226.881.2453** (local Chatham number)  
email: [ckseniorgames@hotmail.ca](mailto:ckseniorgames@hotmail.ca)  
[www.ckseniorgames.com](http://www.ckseniorgames.com)



## CALLING ALL 55+ MEN AND WOMEN!

### Get out and stay active!

The Ontario 55+ Games are in Chatham-Kent this spring and summer....a growing number of the 55+ crowd in Chatham-Kent already know this!

In fact, the events of the Ontario 55+ games have been in the Chatham-Kent area for a number of years. Chatham-Kent is actually only one of 41 Districts across the province that forms the Ontario Senior Games Association. Each Spring and Fall a variety of outdoor and indoor events are hosted at a variety of locations and venues throughout each District across the province.

In the Chatham-Kent area, up to 26 events are offered through a series of spring /summer and fall events. Winners from these events are eligible to participate in Regional and Provincial events which are hosted throughout the province on a rotational basis. Already in progress is a series of 22 events being hosted throughout Chatham-Kent from early April to mid-June, 2013. The events offered this spring include crokinole, 4 handed bid euchre, contract bridge, euchre, cribbage, 6 handed pepper, floor shuffleboard, duplicate bridge, scrabble, 5 pin and 10 pin bowling (teams and singles), carpet bowling, darts, prediction walking, prediction urban poling, pickleball, lawn bowling (doubles and trebles),

golf, and tennis. In addition, other events like slo-pitch, badminton, horseshoes, swimming, pool (9 ball), cycling, table tennis, triathlon, and bocce will be offered depending on interest expressed. Winners from these events will qualify to enter a one day event being offered by District 29(Huron-Perth-Middlesex) in the Mt. Brydges area on August 14, 2013.

Of particular interest is a relatively new series of events called the Prediction Sports. Walking, running, urban poling, and swimming events allow competitors to compete at their own pace. Competitors predict the time it will take them to complete their activity and the competitor who is the closest to their predicted time is the winner.

If you have missed out on the Spring / Summer games watch out for our fall event schedule which should be posted by August 15, 2013. Schedules and registration forms are available at all Chatham-Kent Senior Centres or by contacting Don Hector, CK Senior Games Coordinator.

**Call: 226.881.2453**  
**Email: [ckseniorgames@hotmail.ca](mailto:ckseniorgames@hotmail.ca)**  
**Visit our website at [www.ckseniorgames.com](http://www.ckseniorgames.com)**

Send us your  
Favourite  
Pet Photo!



Winner Receives a  
**\$50 Gift Certificate for** **petvalu**  
Valid at their new location:  
647 Grand Ave. Chatham

Winner will also have  
**\$50 donated by** **athiel**  
MARKETING  
to OSPCA Chatham in your pet's name!

Please email photos and pet's name to:  
[info@athielmarketing.com](mailto:info@athielmarketing.com)

\*deadline to submit photos: July 1, 2013  
(winner will be chosen by random draw and will be published in our next issue)

**NOAH'S ARK  
PET BOARDING**



**BIG  
& small...**  
**WE LOVE  
THEM ALL!**

Noah's Ark now provides a separate area  
for your Cats, Birds, and Reptiles...  
And the same wonderful distinct area for your dogs!

519.682.2511  
4220 QUEEN'S LINE, TILBURY, ON N0P 2L0  
[www.noahsarkpetboarding.com](http://www.noahsarkpetboarding.com)



Caring Hands, Caring Hearts

GRAND AVENUE LOCATION  
open Saturdays and  
Wednesday Nights!



**Chatham-Kent Veterinary Hospital**  
332 Grand Avenue East, Chatham, ON N7L 1W6

**Chatham South Animal Hospital**  
17 Park Avenue East, Chatham, ON N7M 3V3

**Blenheim Veterinary Hospital**  
52 Catherine St., Box #130, Blenheim, ON N0P 1A0

**South Ridge Veterinary Clinic**  
117 Erle St. South, Ridgely, ON N0P 2C0

**Wallaceburg Animal Hospital**  
30 McNaughton Avenue, Wallaceburg, ON N8A 1R9

## YOUR PET'S HEALTH

### Is Our Priority

Having trouble getting your pet in for their check-up? We now have a veterinarian available to make house calls! We do house calls for most routine procedures, like vaccines, heartworm testing, and general physical exams. Many pets find the car ride or hospital visit stressful; a house call will allow your dog or cat to get examined in the comfort of your own home! Please ask us about booking a house call; they can generally be scheduled at a time that works well for you! However, if your pet isn't feeling well, it's best to schedule an appointment at the hospital today. Please ask us about our pet taxi service if you have difficulty transporting your pet. Your pet's health is our priority and we will do whatever we can to help ensure your pet is able to receive the care they need.

With the warm weather coming, don't forget to pick up your flea and heartworm medication. These are parasites that affect all dogs and cats, including exclusively indoor pets. Call today for information on the different types of preventative medications available for your furry friend!

*Independently and locally owned  
Offering preventative care and chiropractic  
New clients welcome*



# JUST IMAGINE...

## What you can do

You will find hands-on fun for everyone at the new **"Crock A Doodle"** colourful pottery studio located at 170 McNaughton Ave. West in Chatham.

This studio provides a wonderful place for family and friends to gather and enjoy some creative together-time transforming ready to paint pottery pieces into amazing works of art! Each piece, after being painted by the artist, is then glazed and kiln-fired to a brilliant and durable finish. You can just drop in on your own or arrange a fun morning or afternoon art party. This is a great way to spend time together and create a special gift for yourself or for a loved one.

Also available are "Doodle-to-go-Kits" which are great for those of us who would rather paint at home. You just pick up the pottery you wish to paint and we will send you home with everything you need. Once you have finished your piece then just bring it back to us for the final process of glazing and kiln-firing.

Come on in today to paint, play, and add some colour to your day!

www.crockadoodle.com  
/crockadoodleinchatham

Imagine what you can DO!

It's Fun! It's New!  
Now in Chatham!

chatham@crockadoodle.com | 519.358.7272

ST. CLAIR COLLEGE  
**HEALTHPLEX**

**Senior Track Memberships**  
*Stay Active, Stay Healthy*

**Membership Includes:**

- Unlimited indoor track use
  - Specialized surface for reduced joint strain
  - Controlled climate for year-round comfort
  - Use of Urban Poles, including instruction
- One group exercise class per week including Functionally Fit, Zumba, Yoga, and more!

**Seniors 55+ ONLY**  
**\$20.00 /Month**

**JOIN For the HEALTH of it!**

1691 Grand Ave. West, Chatham, ON | 519.354.9166 x3407

Community, Alumni & SCC Retiree Memberships also available

## ST. CLAIR COLLEGE HEALTHPLEX

### Join for the Health of it!

Enjoy the benefits of walking in a cool air conditioned facility equipped with everything you will need to start your journey toward a HEALTHIER YOU. The St. Clair College HealthPlex is a beautiful facility offering a variety of services to its members. New additions to our lineup of programs, such as Functionally FIT Classes and Urban Poling, are the perfect "Fit" for you!

The indoor track gives members the ability to be active all year long - regardless of the weather. Take advantage of our Senior Track Membership and experience the benefits of walking. Walking is the perfect activity to:

- Help improve heart health
- Create an overall feeling of wellness
- Maintain healthy body weight
- Reduce risks of Osteoporosis
- Have fun and meet new people

Full memberships are available to the community at affordable rates and include access to our Fitness Centre, Group Exercise Classes, Gymnasium, and 2 Lane suspended indoor walking/running track.

**Start your journey today with the St. Clair College HealthPlex .... Just for the Health of it!!**

*Have you exercised your brain?*

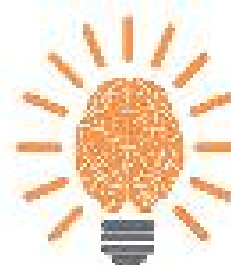
Join us for our **FREE** program

Everyone is welcome!

Classes are held every **Thursday**

(with exception to the first Thursday of each month)

from **10AM - 11AM**



## BRAINGYM® AND MORE

A Multi-Sensory Brain Stimulation Program

### BrainGym® And More Improves:

- Mental functioning – enhancing cognition
- Memory & concentration
- Communication
- Vision & Hearing
- Coordination and mobility
- Balance to reduce falls
- Sleeping/Energy levels
- Learning new skills – i.e. Leisure and recreation activities
- Increasing motivation and to overcoming resistance to starting a task, dance, craft, yoga classes
- Independence
- Stress management and personal coping styles
- Mood and reduces depression
- Overall well-being



*Ever Lifestyle  
Center  
Loving Memory*

**Hudson Manor Residence**

36 Lawson Street

Lilbury, ON N0P 2L0

**519.682.3366**



**Maple City**  
Retirement Residence

*Caring For  
People  
You Love*

**Maple City Residence**

97 McLaurine Avenue

Chatham, ON N7L 4V6

**519.354.7111**



**Park Street  
Place**

*Retirement Residence  
Bring Your Family To Our Family*

**Park Street Place**

650 Park Street

Dresden, ON N0P 1M0

**519.683.4474**



# C.H.A.P.

COMMUNITY HOME-SUPPORT ASSISTING PEOPLE

A Program of Family Service Kent

Helping Seniors Live  
Independently at Home  
for Over 30 years in  
Chatham-Kent

OFFERING SENIORS  
ASSISTANCE THROUGH:

- Transportation
- Home Helper
- Client Intervention
- Caregiver Support
- Tasty, Frozen Meals
- Volunteering



Family Service Kent

Services à la famille de Kent

519-354-6221

[www.familyservicekent.com](http://www.familyservicekent.com)

*C.H.A.P. is an Erin St. Clair L.H.I.N. funded program.*

support...empower...advocate... support...empower...  
advocate... support...empower...advocate...

QUESTIONS?  
CALL US WE CAN HELP YOU.

# VitalAire

We look forward to serving you.

FOR  
YOUR HOME  
OXYGEN,  
CPAP, &  
RESPIRATORY  
CARE  
NEEDS

Mention this AD and receive:

**\$20** Towards the purchase of a replacement CPAP  
provided by VitalAire

57 Centre Street, Chatham, Ontario

519.436.1415 • 1.800.567.0202

## QUALITY CONVENIENT PROGRAMS

### For your home oxygen and CPAP

VitalAire has provided Respiratory Homecare for the past 40 years and we are here to assist you with all your home oxygen needs. We hold national accreditation status with Accreditation Canada. With over 80 locations across Canada, we provide quality programs and convenience for all your home oxygen, CPAP (sleep apnea treatment), and other respiratory requirements.

The goal of home oxygen treatment is to improve your quality of life by reducing shortness of breath and enabling you to have a more active lifestyle, and assisting you to better manage your activities and independence.

If your doctor is considering oxygen therapy for you, have one of our Healthcare Professionals visit you to discuss your oxygen needs and the use of oxygen in your home. We will explain the expected benefits and ensure that you and your family will be comfortable using your oxygen therapy. Our professionals are available to monitor, follow-up, and support your changing needs.

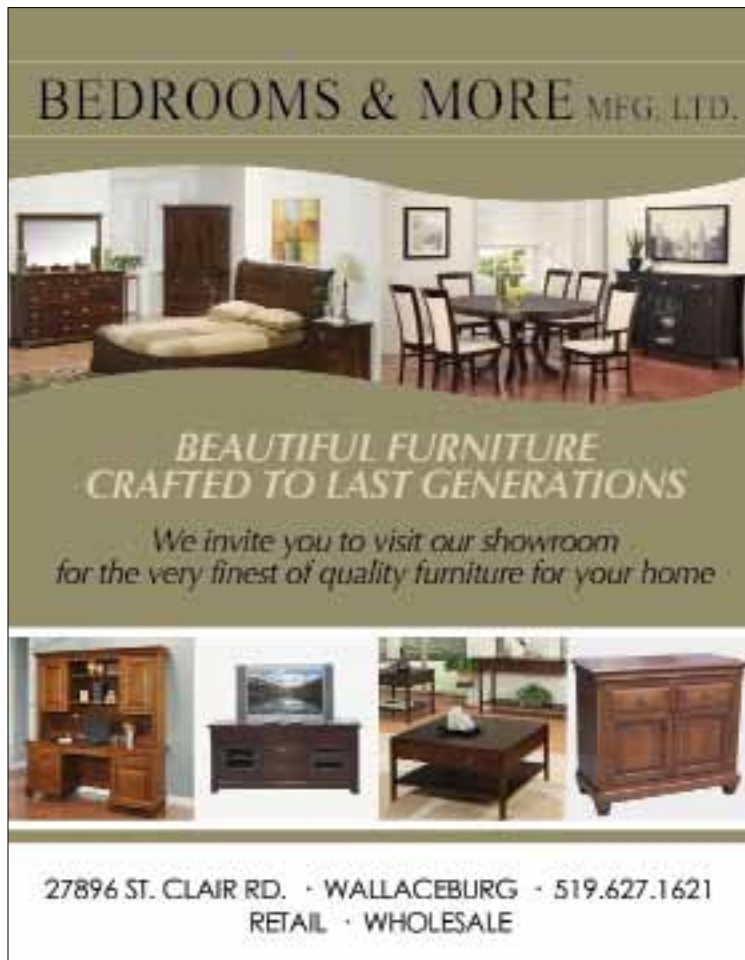
# CREATING AN INVITING ATMOSPHERE

For your home!

Enter BEDROOMS & MORE showroom for a noticeable difference between their showroom and what you have come to experience at most other furniture stores. There is a no pressure, warm and friendly atmosphere. They are there to listen to what you are looking for in the process of selecting the right pieces of furniture to accent your home. Another very telling difference is that 99% of their selection is Canadian made!

Bedrooms & More has always made a point of selecting Canadian made furniture. In fact, much of their showroom is made right on site with the remainder of their furniture made in Ontario by a Mennonite community who still take pride in their workmanship, which leads us into the final significant difference you will see at Bedrooms & More – Quality! Mennonite furniture is made of a quality to last generations, it has a timeless elegance that only old world craftsmanship can provide.

Bedrooms & More can furnish any room in your home in a variety of solid wood species such as pine, wormy maple, brown maple, soft maple, hard maple, cherry, walnut, and the timeless classic oak, any of which can be finished to suit your home decor in any colour you chose.



**BEDROOMS & MORE MFG. LTD.**

*BEAUTIFUL FURNITURE  
CRAFTED TO LAST GENERATIONS*

*We invite you to visit our showroom  
for the very finest of quality furniture for your home*

27896 ST. CLAIR RD. • WALLACEBURG • 519.627.1621  
RETAIL • WHOLESALE



**COMING IN THE FALL OF 2013**

**Oaks Retirement Village**

*For Pre-Registration Call*

Mr. Richard Henry t. 519-627-1433 ext. 753  
& Ms. Rosalin Di Tano f. 519-627-6101  
Sales & Marketing e. oaksrv@outlook.com

80 McNaughton Avenue, Wallaceburg, ON N8A 1R9

## OAKS RETIREMENT VILLAGE

*"A community within a community"*

The Oaks Retirement Village, formerly the Oaks Inn Hotel, Banquet and Convention Centre, with its renovations underway, is anticipating that by early/late Fall 2013 the first residents of the Oaks Retirement Village will be able to move into their new home. Leasing will start in late Spring.

Conveniently, the weather in Wallaceburg is very senior friendly, having one of the highest number of sunshine days in the province. The area offers great weather for year round, outdoor recreational activities like golf and fishing. Very mild winters make it an ideal place for seniors to relocate, or to remain in the community they currently call home.

The Oaks Retirement Village will offer a modern, full-service retirement residence consisting of 102 units and will include an Assisted Living component. Twenty-four hour emergency response will be delivered by professionally trained staff and a range of care and service packages will be available to meet residents' individual healthcare needs. Other services include three meals a day prepared by the residence's culinary team, weekly laundry and housekeeping, unlimited access to life enrichment programs and amenities such as a pool, health club, and licensed dining room. Phase two of this project will include the development of 25 garden townhouses.

With the changing times and the vision it will be transformed into a wonderful retirement village for those who might otherwise have had to leave the community. To pre-register and receive further information please call **519-627-1433 ext. 753** or email us at **oaksrv@outlook.com**



# NEW BEGINNINGS

## Serving brain injury and stroke survivors

New Beginnings, with sites in Chatham-Kent and Sarnia-Lambton, is an excellent place for survivors of brain injuries, brain tumors, and strokes to attend. The Clubhouses in Chatham and Sarnia provide free day programs and support groups for survivors, as well as providing support groups for their family members/caregivers.

The atmosphere at New Beginnings is upbeat and fun. "The aim of New Beginnings is to provide a welcoming, safe, and supportive place for survivors to discover their post-injury/illness selves," says Lori Gall, Executive Director of New Beginnings.


Daily programs at the Clubhouses are focused on social and recreational activities, with crafts and exercises being at the core of almost everything that takes place. "While our members are enjoying themselves and taking part in our activities, our staff and volunteers are supporting them in their physical, cognitive, and emotional recovery," says Gall.

The ability to interact and socialize with others who can relate to what the member/caregiver is going through can't be overstated. "Other survivors or caregivers have experienced what you're experiencing and can give you the support you need to move forward," notes Gall. "Knowing you're not alone is huge."

A lot of things about New Beginnings are (wonderfully) unexpected, but being able to offer all of the programs and services free of charge is perhaps the most amazing thing of all.




**For more information about either facility,  
contact New Beginnings at  
519.351.0297  
or via their website's "Contact" page at  
[www.newbeginnings-cksl.com](http://www.newbeginnings-cksl.com)**



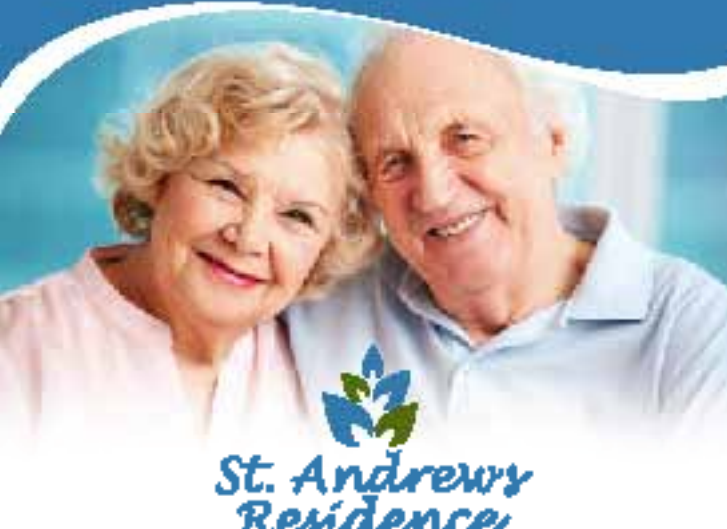
**NEW BEGINNINGS**  
Brain Injury Association of Chatham-Kent

**ENHANCING**  
the quality of  
**LIFE FOR**  
**SURVIVORS**  
of acquired brain injuries  
their  
**& FAMILIES.**



[www.newbeginnings-cksl.com](http://www.newbeginnings-cksl.com) | 519.351.0297

**Experience**  
*the difference at St. Andrew's Residence.*



**St. Andrew's  
Residence**  
Active Living • Professional Care

**519.354.8103**  
[standrewsresidence.com](http://standrewsresidence.com)



# Blenheim Community Village

www.reveralliving.com

*Independence  
Without Being  
Alone*

Call today to learn more  
519-676-8119



10 Mary Ave. P.O. Box 220  
Blenheim, ON N0P 1A0

SENIORS' COMMUNITY BY  
**revera**

## Village on the Ridge

We couldn't have come this far without the support  
of good people like you.



9 Myrtle Street  
Ridgetown, ON N0P 2C0  
519-674-5427

SENIORS' COMMUNITY BY  
**revera**  
www.reveralliving.com

THE BEST POSSIBLE HEALTH...  
FOR THOSE WE SERVE.



Chatham-Kent  
Community Health Centres  
Centres de santé communautaires  
de Chatham-Kent

### **BREATHE WELL**

This is a program designed for people with Chronic Obstructive Pulmonary Disease (COPD) to help them gain knowledge about their condition and to find ways to live a healthier, happier life with COPD. This 8-week education series includes information on self-managing COPD and includes education, exercise, and snacks! Classes are 2 hours, 2 days per week.

### **MASTER YOUR HEALTH**

The goal of this group is to teach participants how to take charge of their health through self management. A six-week group series is offered at all three of the Chatham-Kent Community Health Centres sites. This group is designed for people with a long-term health issue and those who care for someone with a long-term health issue (Arthritis, MS, Parkinsons, Depression, Cancer, Heart Disease, etc...).

### **SAFE STEPS**

The main goal of the Safe Steps program is to facilitate safe and independent living for seniors at home. An Occupational Therapist and Physiotherapist will work with you at your home to address:

#### • PHYSICAL CONCERNS:

Fall prevention, home safety, device use, and education to maintain independence.

#### • EMOTIONAL CONCERNS:

Provide information and form connections to social activities/groups in the community.

#### • COGNITIVE CONCERNS:

Help to understand and live with memory changes/ confusion.

**3 Locations  
to serve you!**

CHATHAM  
130 RICHMOND ST.  
WINDSOR  
608 DUFFERIN AVE.  
SANDWICH  
705 TECUMSEH RD.

519.397.5455 | WWW.CKCHC.CA



# ASK THE EXPERT

## TED G. DALIOS, DD, HIS

New permanent teeth-in-a-day solutions for denture-wearers. An advanced approach to restore function and quality of life...

At the Chatham Denture Specialists in Chatham, Ontario, we experience the challenges and frustrations denture-wearers face on a daily basis. Whether they are new to wearing dentures or have been wearing dentures for most of their lives, all patients agree that even the best dentures do not come close to replacing the function of healthy, natural teeth.

Some of the challenges denture-wearers experience regularly are: sore spots in the mouth from dentures rubbing on the gums (especially the lower denture), a decrease in bite force, loose dentures that move around and cause embarrassing moments in public, difficulty speaking (whistling and clicking of denture teeth), and an inability to eat a variety of foods. Many people who wear false teeth also complain that their food tastes bland. This is because the roof of the mouth (or palate) is covered by the upper denture, interfering with taste buds and the ability to taste food while eating. As a result, many denture-wearers over-salt their food. In combination with a limited food selection and not enough fresh vegetables or fruits, too much salt intake can pose serious health issues such as high blood pressure (hypertension), high cholesterol, heart complications, nutritional deficiencies, and chronic digestive problems to name just a few potential health risks.

Many denture wearers suffer silently from emotional distress. Loose, ill-fitting dentures can cause people to become very self-conscious, introverted, and insecure.

If asked, most denture-wearers would admit to wishing they could have healthy natural teeth again, which is impossible. However, the next closest thing to natural teeth used to be conventional dental implants and crowns, which can be financially prohibitive as costs may reach up to \$50,000 per jaw. This traditional method of dental implants is not only very expensive, but also requires placement of many implants, bone grafting, sinus lifts, and long healing and recovery periods. The whole procedure from start to finish could take up to two years to complete.

Now there exists a much more affordable technique for fixed, non-removable teeth that are fully functional and minimally invasive (meaning very little pain or discomfort) with only

one treatment session. This technique is changing the lives of denture-wearers all over the world. Coined "teeth-in-a-day," this procedure has seen very high success rates on thousands of patients in Canada and in Europe, where the procedure was developed, as well as in the United States with a success rate in the high 90 percent range. This "All-On-Four" technique converts the patient's denture into non-removable, fully functional, fixed teeth in one day. There is no painful and lengthy healing period, no large bulky denture rubbing on the gums or covering the roof of the mouth, and, best of all, you never have to take your teeth out of your mouth! This treatment allows patients to regain their quality of life by enabling the denture-wearer to feel confident eating in public, dating, smiling, and laughing without fear of their denture falling out, or having to take them out to clean them. The freedom to brush your teeth in a natural way is something that no longer needs to be taken for granted.

If you feel self-conscious about the way you look without your teeth, or you crave to eat what you want, when and where you want to, and be able to taste and enjoy your food again, this may be the solution for you.

This process takes place with your denturist and a specialized dental implant surgeon, who work together onsite to take you from dentures into fixed teeth in the same day!

If you would like to know more about how you can go from removable dentures into fixed, naturally functioning teeth, please call the Chatham Denture Specialists to book your complimentary, no obligation consultation and determine if you are a candidate for this advanced procedure:

334 King Street West, Chatham, ON  
519.352.1600



**KitchenAid**  
FOR THE WAY IT'S MADE.®



WE SERVICE WHAT WE SELL!

MATTRESSES | APPLIANCES | TELEVISIONS

**OPEN 7 DAYS A WEEK**

**FREE DELIVERY, SET-UP  
& REMOVAL**

**Free Live  
Cooking  
Demonstrations  
Every Saturday  
Anytime between 10am - 3pm**



12 York Street West, Ridgetown, ON N0P 2C0

IT'S WORTH THE DRIVE TO RIDGETOWN! | 519.674.5402





## INGREDIENTS

8 large eggs  
1 quart whipping cream  
1 cup sugar  
1 cup maple syrup, plus more for drizzling  
1 tablespoon vanilla extract  
1 1-pound loaf brioche or egg bread, torn into bite-size pieces

Vanilla ice cream

## PREPARATION

Whisk eggs, cream, sugar, 1 cup maple syrup and vanilla in large bowl to blend. Add brioche; stir to coat. Let stand at room temperature 1 hour, stirring occasionally.

Preheat oven to 375°F. Butter 13x9x2 inch baking dish. Transfer bread mixture to prepared dish. Bake until puffed and golden and toothpick inserted into centre comes out clean, about 40 minutes. Cool slightly. Cut into 6 to 8 pieces. Place 1 piece pudding on each plate. Place scoop of ice cream atop pudding, drizzle with maple syrup and serve.



Brought to you by:



**MET  
OPERA**  
LIVE ON **HD**  
SCREEN LIVE



SPECIAL THANKS TO GALAXY CINEMAS CHATHAM FOR DONATING THESE TICKETS FOR THIS CONTEST

TICKETS FOR THE MET OPERA CONTEST, OFFERED IN OUR  
DECEMBER 2012 CK SENIOR MAGAZINE WERE WON BY

**ST.ANDREW'S RESIDENCE!**

THROUGH AN INTERNAL DRAW THE TICKETS WERE PASSED  
ALONG TO SOME OF THEIR MANY VOLUNTEERS.

**THANK-YOU TO ALL OF OUR VOLUNTEERS,  
YOU TRULY ARE WHAT MAKES OUR COMMUNITY  
THE WONDERFUL PLACE IT IS...OUR HOME!**

### CONGRATULATIONS TO:

JOY MOYNAHAN  
EILEEN KNEEBONE  
JACKIE CHOUDHRY  
PEGGY LUYT  
LYNDA MILORD  
ALICE JAMES  
JP RAYMOND  
MARTIN VANDENBROEK



Bedrooms & More  
Mfg. Ltd.



Blenheim  
Community Village



Canadian Hearing  
Institute



CHAP



C-K Community  
Health Centres



C-K Senior Games



C-K Veterinary  
Hospital



Chatham Retirement  
Resort



Copper Terrace



Crock A Doodle



Denture Specialists



Eden Villa Retirement  
& Assisted Living



Gilles Michaud  
Construction



Holland Accu-Optical



Hudson Manor  
Residence



Infinity Medical  
Cosmetics



Meals on Wheels  
Chatham-Kent



Nature's Pride  
Landscape Group Inc.



Oaks Retirement  
Village



Park Street Place  
Retirement Residence



Senior Advisory's  
Senior Portal



Schiestel Insurance  
Inc.



Slots for Seniors



St. Andrew's  
Residence



St. Clair College  
Healthplex



The Foundation of  
C-K Health Alliance



The Grocery  
Getters



Tilbury Manor Long-  
Term Care Home



Village on the Ridge



Vital Air



What's 4 Dinner  
& Bakeshop



Zandberg Foot Clinic



Maple City Retirement  
Residence



McGregor  
Naturopathic



New Beginnings



Noah's Ark Pet  
Boarding



Riverview Bingo



Riverview Gardens

Don't have a reader? Search for a "QR Code Reader" in the App Store.



# Riverview Bingo Palace

**YOUR  
GAMING  
DESTINATION**

**BINGO!**

**FAST TRACK**  
...it's **fun**, it's **fast**,  
& it's **easy to play!**

Our **FAST TRACK BINGO** shutter board system uses cutting edge technology to bring to you a fast and exciting style of game play, unlike any other game.

**\$1,000,000** was raised  
last year alone, for over 100  
Chatham-Kent charities

Bingo proceeds provide many groups to help our community in many extraordinary ways.

## **SESSION TIMES**

9:30 am, 10:30 am, 1:00 pm 3:30 pm  
6:00 pm, 7:00 pm, 9:30 pm

Special Midnight Session on Fridays & Saturdays

**497 Riverview Drive, Chatham | 519.351.3232**

**[www.riverviewbingopalace.com](http://www.riverviewbingopalace.com)**



# MUNICIPALITY OF CHATHAM-KENT SENIOR CENTRES

---

<b>Active Lifestyle Centre</b>	20 Merritt Ave. Chatham, ON.....519.352.5633
<b>Blenheim &amp; Community Senior Citizens Group</b>	90 Catherine St. Blenheim, ON .....519.676.3894
<b>Bothwell Senior Citizens</b>	122 Elm St. Bothwell, ON .....519.350.1977
<b>Le Club de l'Amitie (Friendship Club)</b>	10 Notre Dame St. Pain Court, ON.....519.354.1249
<b>Merlin Senior Citizens Friendship Club</b>	11 Erie St. S. Merlin, ON.....519.689.4943
<b>Morpeth Heritage Club</b>	12570 Talbot Trail Morpeth, ON .....519.674.1010
<b>Thamesville Happy Club</b>	96 London Rd. Thamesville, ON .....226.229.0303
<b>Tilbury Leisure Centre</b>	10 Canal St. W. Tilbury, ON .....519.682.1020
<b>Ridgetown &amp; Area Adult Activity Centre</b>	19 Main St. W. Ridgetown, ON.....519.674.5126
<b>Wallaceburg Senior Citizens Club Inc.</b>	205 James St. Wallaceburg, ON .....519.627.6224
<b>Wheatley &amp; District Friendship Club</b>	171 Erie St. N. Wheatley, ON .....519.825.4870