



# Centres For Seniors Windsor

635 McEwan Avenue

519-254-1108

## February 2010 Hi - lights

February is not only the month of romance and love, it is the month of winners! The Grand-A-Day winning tickets will be pulled during the lunch hour in the dining area every day.

**2010 Membership.** If you have not renewed your Membership yet or you are using the payment plan it is now due. Please see Nancy in the Membership Office.

**Did you know...** You do not have to be a member to have Footcare, book Transportation rides, use the Computers or come in for lunch or just a coffee. We are always happy to see you!

**Have you heard about our new Home Maintenance program?** Do you need your snow shoveled? Do you have windows inside your residence that need to be cleaned? When was the last time you moved your fridge or stove and cleaned behind them? If any of these questions sound interesting, call or talk to Jeannette or Ana for further.



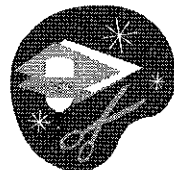
### Cooking Under Pressure

Wednesday, February 3rd, 10:30 am,

Join us in the Resource Centre for this presentation by Home Instead Senior Care, on the importance of nutrition and healthy aging. You'll receive great nutrition tips and recipes for seniors cooking for one.



Thursday, February 4th, 12:30 pm **BirthDay Day.** Join us at the piano for song, fellowship, and cake as we celebrate February birthdays.

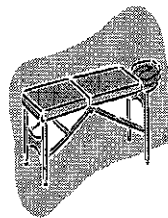


**Art on the Go. "The Creative Workshop For Those Who Are Not Creative But Wish They Were"**  
February 5th, 12th, 19th & 26th, 1 pm-3 pm - *Instructor Peggy Buck.*

Come with an open mind and desire to find that piece of you that is waiting to be creative. This workshop will teach participants through the simple process of drawing and how you see the world and ourselves.

There is a \$5.00 material fee.

Please register at reception.



February 8th and 22nd

**Chair Massage** with

Bonnie Dupuis.

Book your appointment at reception

**Monday, February 15th, closed for Family Day**  
Challenge your kids and grandkids to some Wii games, take a trip to Point Pelee, walk the riverfront or spend time sharing family history.



Monday, February 16th,

9:30 am - 11:30 am

**Shrove Tuesday Breakfast \$5.00**

Enjoy this great annual event cooked and served by some of the men of our Centre



Saturday, March 13th, 2:00-6:00 pm

**Leprechaun Boogie Party Dinner**

Dance. Dance to live music and then enjoy dinner. Tickets are \$15 and are

available reception until Wednesday, March 10th. *No tickets sold day of the event.*

# Looking Ahead to March

**Chair Massage** - March 8th and March 22nd. Book your appointments at reception.

**Brunch** - Thursday March 11th - 11 am - 12:30 pm. Tickets are \$5 and are available the day of.

**Saturday, March 13th, 2 pm - 6 pm Leprechaun Boogie Party Dinner Dance.** March 10th is the last day to purchase tickets.

**Zumba** - There will be no Zumba Classes on March 1st and 8th while the instructor is on vacation.

**Tribute to the Stars Fundraiser**  
**Saturday, March 27th, 8 pm**

The Windsor Elvis Fest presents Dawn Peddie as Patsy Cline and Rick Duin as Johnny Cash at Collavino Hall at the WFCU. Cost is \$12  
Please call 519-254-1108 for tickets.