

POSTSCRIPTS - WHAT WE DID IN FEBRUARY 2010

What a lovely Valentine's Day Luncheon! Fifty members and guests sat down to a delicious Beef Burgundy Stew with winter vegetables, mashed potato, and a lettuce and tomato salad, followed by a romantic parfait of jelly, whipped cream, and an individual mini-sweetheart cake. We were entertained by a new group of four artists, playing soft swing music - bringing back some nice memories of times gone by.

The Bingo Lunch on Shrove Tuesday-February 16, saw our chef of the day - Jim Allen, cooking up some delicious pancakes, and sausages, with maple syrup and butter to help everything go the right way - followed by Cinnamon Cake - Yum-oh!

Our three Monday Workshops on Cancer Prevention, initiated by Ann Crasto of WHCS, and run by the people of Sunnybrook Hospital, gathered a good audience of 20 plus members and guests for each workshop. Lots of good information, including talks by a qualified nutritionist on how to think about what food is going to be beneficial for optimum health.



HAPPY MARCH BIRTHDAY TO THE FOLLOWING MEMBERS:

Patti Levick- March 1, Betty Humphrey-March 2, Lew Roth-March 4, Dorothy Hainsworth-March 6, Irene MacDonald-March 12, Pat Day-March 13, Steven Banhidi-March 13, Mary Roth-March 17, Jean Birtwell-March 18, Elaine Jensen-March 19, Anna McLay-March 21, Marg Chapman-March 26, Susan MacDonald-March 28, Margaret Casement-March 29, Theresa Debney-March 30, Connie Burnell-March 30, Gloria Grey-March 30, Jim Allen-March 30.



Connie Burnell

Happy Birthday to two wonderful ladies who became good friends at our Pine Tree Centre.

Connie is a long time member who served for many years on Pine Tree's Board, and who could forget Anna's step dancing with the Pine Tree Prancers!



Anna McLay

REMINDER - PINE TREE SENIORS WORKSHOPS/SEMINARS
Monday afternoon Workshop/Seminars are free of charge!
Please sign up and Invite your friends to come along and get the low down on several of today's important issues.

COMING APRIL 19, 2010 - NEW WORKSHOP
DEPRESSION - COPING STRATEGIES

WE NEED YOUR DONATIONS TO HELP US OUT WITH OUR LIMITED BUDGETS

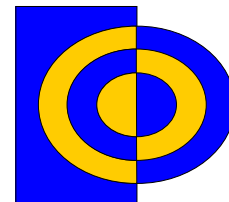
Please give generously - we know you enjoy the Centre, let's keep it running!

\$20 \$30 \$50 \$100 Other

PINE TREE SENIORS CENTRE

NEWSLETTER & CALENDAR

MARCH, 2010



SMILE TIME

Try and exercise every morning without fail.
Up, down, up, down! - - And now the other eyelid!

The month of March usually comes in like a Lion - full of energy. Bring your own energy to the Centre, and enjoy participating in many of our classes and programs on a regular basis.

Sign up for a new series of Monday afternoon workshops covering the following subjects:

- ♥ March 8 - Diabetes - with West Hill Community Services Diabetes Team
- ♥ March 29 -Fraud Prevention- Protect your money - with speaker Vanessa Sterguic



Get ready to be a little Irish for a day on Friday, March 12, at 12.15. "Wear some green" - and celebrate St. Patrick's Day at our Lunch and sing along with our own "Pine Tones" Choral Group.

We welcome the following new members:

Fitness Program:

Jean Lewis, Ivy Als, Ivanka Vukovic, & Ann Stewart

Art Class:

Brian Smith, Steve Banhidi, Betty Humphrey & Sandra Sandi

Choral Group: Carol Pomantie

Linda Hampson, Manager.

Pine Tree Centre Location:
4130 Lawrence Avenue E.
Scarborough, On. M1E 2R8
(Rear Buildings).

416-847-4135

9.30 a.m. - 4.30 p.m.

Annual Membership \$15 (Sept.1 to August 31).

Members will receive Monthly Newsletter and Calendar, and have access to our Mini Van Transport to Centre and return for a low cost within our catchment area. Members also have the right to join Pine Tree Centre's classes & programs (some classes have extra costs for materials/instruction).

STAFF:

Linda Hampson, Manager
Cathy Edmunds. Coordinator
Mary Roth, Congregate Dining
Jim Allen, Driver & Safety
Lew Roth, Driver & Choral

Instructors:

Brenda Grape - Fitness
Donna Nye - Crafts
Mary Roth - Creative Cards
Diane Elkin - Art & EPC Outreach






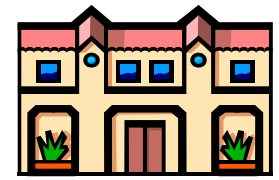
WEST HILL COMMUNITY SERVICES

Ontario
Central East Local Health
Integration Network



March, 2010

PINE TREE SENIORS' RECREATION CENTRE & CONGREGATE DINING EVENTS

Su	Mon	Tue	Wed	Thu	Fri	Sat	
	9.30 Art Class 10.00 Shopping -PTC 12.00 Fish & Chips 1.30-3.30 <u>Workshop - Ontario Hearing Centre Services for Seniors</u>	10.00 Fitness 12.00 Lunch 1.30 Bingo	9.30 Crafts 9.30 Creative Cards 12.00 Lunch 1.00 Art Class	10.00 Exercise 10.15 Choral - in Church 1.30 Lift Your Spirit	Join other Members as we go for lunch at TUCKER'S MARKET Menu Pricing. 		
7	9.30 Art Class 10.00 Shopping-STC 12.00 Wimpey's 1.30-3.30 <u>Workshop - Diabetes Team-WHCS</u>	10.00 Fitness 12.00 Lunch 1.30 Bingo	9.30 Crafts 9.30 Creative Cards 12.00 Lunch 1.00 Art Class	10.00 Exercise 10.15 Choral - in Church 1.30 Lift Your Spirit	ST. PATRICK'S DAY LUNCHEON AND SING ALONG WITH THE PINE TONES Have some fun with us - prize for best Irish outfit or creative hat. Raffle & Quiz. \$12.00 		
14	9.30 Art Class 10.00 Shopping-PTC 12.00 Sunny Up	10.00 Fitness 12.00 Lunch 1.30 Bingo	9.30 Crafts 9.30 Creative Cards 12.00 Lunch 1.00 Art Class	10.00 Exercise 10.15 Choral - in Church 1.30 Lift your Spirit	Join other Members for lunch at THE MANDARIN and celebrate the year of the Tiger! Menu Pricing 		
21	9.30 Art Class 10.00 Shopping-STC 12.00 Fish & Chips	10.00 Fitness 12.00 Lunch 1.30 Bingo	9.30 Crafts 9.30 Creative Cards 12.00 Lunch 1.00 Art Class	10.00 Exercise 10.15 Choral -in Church 1.30 Lift your Spirit	Luncheon at Cedarbrook Lodge Join fellow members. Menu Pricing. 		
28	9.30 Art Class 10.00 Shopping-PTC 12.00 Wimpey's 1.30-2.30 <u>Workshop - Fraud Prevention-Protect your Money!</u>	10.00 Fitness 12.00 Lunch 1.30 Bingo	9.30 Crafts 9.30 Creative Cards 12.00 Lunch 1.00 Art Class	Pine Tree Management reserves the right to change or cancel any program or class. Please check the Centre's Main Notice Board for any changes.			