



100 City Centre
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www.sq1oac.com



Our Mission

A Centre,
operated by
and for
Mississauga's
Older Adult
Residents
who are
50+ years of age,
which provides
social, health,
educational, and
recreational
opportunities to
enhance
their quality
of life.

Supported by:



MEMBERS' NEWS

VOLUME 13, ISSUE 2

SENIORS WELLNESS SERVICES INFORMATION

~FREE~ Region of Peel Flu Clinic

Monday, November 5th
4:00pm - 9:00pm

~FREE~ Drug Awareness Event

Tuesday, November 20th
9:00am - Noon

Presentation topics: Changes and Challenges with Oxycontin, Senior Scams, Issues Associated with Pain Management, and Gambling. There will also be displays by community agencies, continental breakfast, and door prizes.

Update: Monday, November 26th Health Lecture from 2:30pm - 4:00pm. Topic: Simple Steps to Help Prevent Vision Loss

Did You Know? We Need Your Help!

We need your help as Community Ambassador to raise funds through 3rd Party Events to grow Square One Seniors Wellness Services and respond to your needs! The more funds we raise, the more free programs and services we can offer. Spread the Word! Workplace Employee Giving donations can be directed to Square One Seniors Wellness Services! Contact Laurie Docimo for more information at squareonesws@rogers.com or call 905-615-3207 ext.110.

2012/2013 BOARD OF DIRECTORS AND STAFF

Esther Williams - President

Alice Dods - Vice President

Robert Lomon - Controller

Judy Willson - Director, Board Development

Manuel Castellino - Director, Facilities

Linda Keen-Lausberg - Director, Marketing

Tessie Buena - Director, Programs & Cafeteria

Terri-Lynne Rade - Director, Special Events and Fundraising

Juliet Rebello - Director, Travel

Jean Michaels - Director, Volunteers

Frank Dale - Ex-officio Director,
Ward 4 Councillor, City of Mississauga

Claire Santamaria - Ex-Officio Director,
Square One Shopping Centre

Theresa Kramer - Ex-Officio Director,
City of Mississauga

Faron Langdon - Resource Development
Director, Square One Seniors Wellness Services

Linda Salb
Executive Director

Laura Surman
Program Coordinator (with responsibility
for Centre Supervision)

Anne Goldspink-Norman
Administration and Facility Coordinator

Lina Zita
Marketing and Community
Development Coordinator

Karmela Buzdon
Volunteer Coordinator

Ann Langdon
Community Engagement Coordinator
Mississauga West

Joan Crews, Genni Iwanski, and
Marie Stewart
Saturday Receptionists

Laurie Docimo
Resource Development Manager
Square One Seniors Wellness Services



SQUARE ONE OLDER ADULT CENTRE MEMBERS' NEWS

VOLUME 13, ISSUE 2

FALL FESTIVITIES

We are delighted to bring you this short update on happenings at the Centre.

As you've no doubt witnessed, there has been a flurry of activity at our Centre during the early Fall. With the Musical, trips, Gala, Open House, 20th Anniversary goodies and on-going programming, we've scarcely had time to catch our collective breath...

The Board of Directors extends its thanks and praise to the 20th Anniversary Committee, spearheaded by Lina Zita, for its stellar work on our recent Roaring Twenties Gala. The members' commitment and dedication ensured that we commemorated this important Centre milestone in fine style! We also thank the various media outlets who captured the colour, glamour and excitement of the day in stories and photos. Our sincere appreciation to our Gala sponsors Arbor Memorial Services, Design2Decor, First Class Home Care and Palisades on the Glen.

Our latest show, 20th Century the Musical was a feast for the eyes and ears and a trip down memory lane. Laura and friends led us in a historic tour of toys, song and dance throughout the ages. The "Emerald Ballroom" took us back to our youth when the Foxtrot, Waltz and Charleston were the essence of ballroom flair. Of course, no

musical would be complete without our troupe of belly dancers; hooray! Thanks one and all for entertaining us so beautifully.

Well done energetic Walkers! Your Board of Directors congratulates Laurie Docimo, Centre staff, volunteers and members for ensuring a very successful walk-a-thon on October 12th! We would also like to extend our thanks to each of our event sponsors for their ongoing and enthusiastic support. A "tip of the hat" to Evergreen Retirement Community, Investors Group, Home Instead Senior Care and Erin Mills Lodge for making the day so successful.

Our sponsors' support is crucial to the success of our events and to the life of the Centre. They form a strong foundation that enables the continuity of our programs, events and services.

As this year draws to a close, there will be many member-inspired activities for you to enjoy – one of which is the Lewis Lawrence International Lunch on November 23rd, supported by our many ethno-cultural group members. Ensure you get your ticket soon, as this event sells out every year.

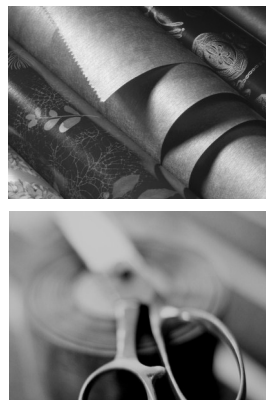
Our best wishes for a fun & festive Fall,

Esther Williams
President

Linda Salb
Executive Director



Have all of your **Christmas gift wrapping** done in the Square One Shopping Centre this holiday season. Please see Karmela Buzdon if you are interested in volunteering for gift wrapping. The Centre is looking for donations of: Christmas wrapping paper, gift tags, boxes, Christmas cards, bows, and ribbons.



PROGRAM COORDINATOR UPDATES

Tea & Coffee Marketplace

Don't forget to drop by our Tea & Coffee Marketplace on Thursday, November 1st. Lunch and an information session on tea & coffee is from 12:30pm to 2:00pm (tickets are \$5 for members, \$6 for guests for the lunch and seminar). Afterwards, all are welcome to come and shop for great buys at our food and gift marketplace.

BINGO!

Gather your friends and family and join us on Saturday, November 10th for a special evening BINGO. This is a multigenerational event, so guests 18 or over can attend when they

come with a member, and you can bring as many guests as you like. Doors open at 6:00pm, with the game beginning at 7:00pm!

Ballroom Dancing at Square One

Want to get out and dance? Join us for a Saturday evening of Ballroom Dancing! Jack will review some specific steps from 7:00pm to 7:30pm, then the floor is open to dance the evening away, all for just \$7! We would like to add this program to our regular line-up, so come and check it out on Saturday, November 17th.

~ Laura Surman

MOVERS & SHAKERS UPDATES

To all our Rama clients: In response to your requests for an additional monthly bus to Rama, we were happy to schedule an October 4th trip. Although 48 people were listed to go, only 31 people were actually in attendance. As per our guidelines and agreement with the bus company, they require a minimum of 40 persons to conduct any casino trip. Therefore, if less than 40 people show for a future casino trip, the bus will not be able to leave for Rama. We will continue to monitor the situation closely and thank you for your understanding and support.

December Travel Office Hours: Monday - Friday: 11:00am - 1:00pm

ORDER GIFTS FROM REGAL!!

MISSISSAUGA WEST UPDATES

Mississauga West continues to improve the quality of its programming and has implemented a well sought after fitness program. The new **Stretching and Meditation Co-ed Program** commenced on September 20th as a drop in, and all are invited to come try it out on Thursdays from 10:10am - 11:10am.

The **Ballroom Line Dance** has a new time slot at 11:15am - 12:15pm. We've added **Zumba Gold** on Wednesdays from 11:00am - 12noon. Unfortunately Craft Class, Belly Dancing, Line Dance Intermediate, and STOP Hunger and Malnutrition lectures have been cancelled for the time being.

~ Ann Langdon

ROARING TWENTIES GALA & WALK-A-THON

Phyllis and Roger Styles surely dressed the part as Phyllis said she was an entertainer and Roger was her audio man.
~ Anniversary Gala

Walk-a-Thon: Our October 12th walk was a great success! Thanks to our 127 walkers, those who donated pledges, prizes and loot, volunteers and Walk sponsors for this fun-filled, action packed morning! At the time of writing this article, \$24,237.33 was raised! Congratulations everyone! Special recognition goes out to the following: The Top Three Fundraisers: Cam Woolledge \$5,274; Edna Michelin \$4,771; Corinne McCallum \$922. Top Fundraising Group: Mall Walkers \$7,132.

Sponsors: Event – Evergreen Retirement Community; Breakfast – Investors Group, Amy Ozamiz; Pit Stops – Evergreen Retirement Community, Erin Mills Lodge Retirement Residence and Home Instead Senior Care; Entertainment – Erin Mills Lodge. Entertainer: Ron da Roza. Warm Up Instructor and Walk Leader: Kai Mark.

~ Laurie Docimo



Walkers enjoying goodies at the Evergreen Retirement Community pit-stop.
~ Walk-a-thon



2013 ENTERTAINMENT BOOKS ON SALE NOW!!

UPCOMING BUS TRIPS AND OVERNIGHTS

Mysteriously Yours at the Old Mill

Wednesday, January 23rd, 2013

Enjoy a delicious buffet lunch at Toronto's historic Old Mill Inn and participate in solving a hilarious murder mystery matinee.

Ticket Price: \$73/member, \$78/guest 50+.

Credit Valley Explorer - Snow Train

Wednesday, February 20th, 2013

3-hour tour includes complimentary refreshments, interpretive commentary, souvenir route guide, and a delicious light lunch served at your seat by friendly attendants. We will visit a market before heading home.

Ticket Price: \$94/member, \$99/guest 50+.

Taiwan, China or Bermuda Adventures

Haven't been to China yet? The presentation for Touring **China** is on Wednesday, November 14th at 11:00am.

Plan to travel to the fabulous island of **Taiwan** in March with Laura. Enjoy beautiful beaches, bustling cities, exciting night markets and historical aboriginal villages. Nexus will be presenting this trip on Wednesday, November 14th at 12:30pm.

Or book to go on a **Bermuda cruise** in May – no flying involved! The next information session by Maxima is on Wednesday, December 12th at 11:00am.