

SENACA TIMES



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"It is fun to get together and have something good to eat at least once a day. That's what human life is all about — enjoying things."
Julia Child, chef (1912-2004)



Gardening Club

The last couple of months we have had the club indoors.

We replaced the spring /summer pots at the front door with a lovely selection of autumn plants which flourished in the nice fall weather.

Wayne also brought all types of beans and seeds which we worked with to make unusual designs on cards.

This was fun to do and we made a seed quilt with 36 cards on bond.

Above you can see the finished bean quilt made by our Garden Club.

Fridays at SENACA

Friday is a happy day. We arrive to all the staff smiles and greetings, offering coffee. We have a conversation about the news, local and world.

We have our coffee break, then we go for our walk. Then we have exercises. Then the best thing is we have The Four Harptones play their music. Everyone sings and dances. They are faithful in coming here.

Lunch is at 12:30. After that, we gather around the table for high tea, with our volunteer, Janice, for talking, trivia and things going on around us. It is a fun afternoon.

Tea is special on Friday with goodies from Black Forest Bakery. The men have their pub time. Soon the Red Cross comes and some clients start leaving. Family comes for others, and some of us go by caravan. Then it is time to go home to wait a week for Friday to arrive again.

SENACA client

A Letter from a Client

My dear dear friends,

I want to tell you about this very wonderful place where I go all day called SENACA. It's truly a special, special place with the greatest people in the world to look after us handicapped people.

Each one of us that goes there can't be left alone at home for one reason or another! My reason is that I have Parkinson's Disease and have been falling down a lot lately and need to be where there are good people to look after me! And SENACA fills the bill to a T.

There are lots of caring clients, like my good buddy Gary. I met him in the Parkinson's Exercise Program at the Y, and now I attend SENACA Adult Day Care Program for seniors in Oakville.

I think that SENACA is truly blessed by God and we are pleased to have it in our community!

A SENACA client

Words from Wendy

A New Year and a new beginning — 2010 seems to have flown by.

SENECA continues to grow and change to meet the changing needs of our clients always maintaining our cozy home-like environments and “Caring like Family”.

In partnership with The Canadian Coptic Centre at 1245 Eglinton Ave. West in Mississauga, we have opened a third location with funding from the Mississauga Halton Local Health Integration Network, Government of Ontario. This is very exciting.

We opened in November and held our annual Open House Christmas Party there on Thursday, December 9.



We welcome the dynamic team of Wael, Nadia and Kira to the new location.

We welcome suggestions and/or comments anytime. We always want to be the best we can be.

I thank all of our excellent staff, the best ever, for all they have done this past year.

We look forward to 2011 with the SENECA Team.

I wish each and every one of you the very, very best of health and happiness in 2011.

“Caring like Family”

Wendy McBride

Executive Director

VOLUNTEER CORNER

FROM THE MANAGER OF VOLUNTEERS



WOW! What a great turn out at our Open House and Christmas Party at the Coptic Centre. Everyone in attendance — staff, clients, and volunteers — had a great time! Everyone was in full cheer, especially our special guest, Santa himself!

Thanks to Don for bringing Santa to us again this year and the Harp Tones at our Open House and Christmas Party at the SENECA Coptic Center in Mississauga.

Thanks to BMO employees who helped us to decorate for Christmas at Palermo and Bond. The rooms have been decorated beautifully.

Thanks to Anne who coordinated our United Way Campaign at SENECA very well. Thank you to all of you who donated articles for our silent auction and to those who bid on the auction items. All proceeds go to the Oakville United Way.

Thanks to Kerr St. Singers and Sir John Colborne Seniors Recreation Centre Singers Group for their beautiful performance. Many thanks go to the Oakville Model RR Club for their presentation: Gary Johnston, Bernard Hill, Tony Deveaux, Don Tanner, Tony Ross.

We welcome a new volunteer, Deborah. She is our receptionist on Wednesday afternoons.

Volunteer Opportunities

We are looking for new volunteers to enhance our programs at Bond St. and Palermo in Oakville, and SENECA Coptic Center in Mississauga. If you know anyone who would like to volunteer for us, please give us a call at 905 337 8937.

Hanna Gulcz

“Volunteers find satisfaction in the performance of a service they are not required to do but which brings benefits to others in their group or community. Volunteers work willingly, cheerfully, often sacrificially, to help for a good cause.”

Honoria A. Groves, April, 2002

News from SENACA Palermo

The fall has just flown by. Palermo has had some exciting changes over the last few months. We welcome new staff members Lorna and Sheryl to the team.

Interesting guest speakers joined us this past fall including a University of Toronto astronomer named John, the Diabetes Association and a number of travelogues given by various volunteers about such places including New Orleans, England and Scotland, Israel and Pakistan.

Lance, one of the members of Palermo United Church, brought a chicken and a pig and gave us an interactive presentation on both. The presentations were a hit and enjoyed by all!

There were also a number of musical entertainers including a pair of students who play the fiddles. They returned in December with their families. The boys are affectionately calling their musical group "The Von Trap Family Singers."

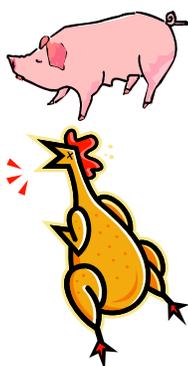
We welcomed two new volunteers: Jean plays the piano on Wednesdays at 2 p.m., Reverend Peter conducts a spiritual sharing session on Tuesdays at 10 a.m.



Recently, the Club Members at Palermo have challenged the Club Members at Bond Street to a bowling competition. Palermo was the winner by 94 points. Our next

competition will be Shuffleboard. We are looking forward to the challenge!

Many thanks to all the volunteers who help make our program successful and continue to enhance each day with enthusiasm and creativity.



Afternoon Tea

Friday afternoons continue to be very interesting. There are now quite a few herbal teas to sample and most people seem to enjoy them. Janice has brought some home with her from Florida along with some "goodies." We still enjoy some very nice desserts donated by Black Forest. The gentlemen join us after they have had afternoon recreation. We also enjoy discussions on a number of different subjects each week.

SENACA client Joan

An Angel that Loses Her Wings!

We all know that good old Christmas story that when a bell rings, an angel gets their wings.



Today, my friends, I'm going to tell you about Christy, the forgetful angel who loses her wings, and, as a result, can't sing. My dear friends, picture this: an angel who can't sing God's praises is not much of an angel.

Well, it seems our Christy was tired and took off her wings to rest. When she went back to find them, they had been stolen by her guest. Now an angel without their wings is a pretty disgusting sight, my friends. She started searching all over heaven, high and low. Then she ran into Michael the Leprechaun and he said he had put it next to the pot of gold at the end of the rainbow.

Christy was so relieved that she did a little angel jig. And that's my little story of how our angel lost her wings.

INFO/SUPPORT GROUPS

Informal learning and information sharing:

All welcome — Refreshments to be served

Locations:

- I. 53 Bond Street (Central)
3rd Monday evening of the month
7:30 — 9:00 p.m. (main room)
Jan. 17, Feb. 21, March 21
3rd Tuesday morning of the month
9:30 --11:00 a.m.
Jan. 18, Feb. 15, March 15
- II. 252 Dundas St West, Palermo (North)
2nd Monday evening of the month
7—8:30 p.m.
Jan. 10, Feb. 14, March 14

CONTACT INFO/FUN STUFF

Central:
50 Bond Street
Oakville, Ontario L6K 1L8
905-337-8937

Palermo:
2521 Dundas Street West
Oakville, Ontario L6M 4J4
905-847-3394

HAVE A GREAT WINTER, from the staff
Anne, Courtney, Chrissy, Elizabeth, Eveline, Hina Hanna, Jacinth, Lisa, Mary Ellen, Martin, Mary LC, Mary M, Manju, Norma, Samia, Sheryl, Susan, Vanessa Nadia, Kira, Wael, and Wendy.



FOOT CARE
For more info, call Jacinth at Bond Street or Elizabeth at Palermo.

Here are the 2011 dates:

- February 2
- March 23
- May 11
- July 6
- August 31
- October 26
- December 21

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* **A Message from Janice Bonman:** *

* *"I would like to thank all of my friends at the* *

* *Friday afternoon High Tea for making me feel* *

* *so welcome and for ending my week so* *

* *beautifully. I look forward to High Tea in 2011* *

* *and hope to see new faces."* *

* Parkinson's Spousal Group meets on the *

* first Wednesday of each month at 7:30 *

* p.m. at our Central location (53 Bond *

* Street) *

* Aesthetician and hairdressing services are *

* available privately. Please call SENACA for *

* more information. *

* **SENACA will be closed on Monday,** *

* **February 21, for Family Day.** *

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It's that time of year when we call to mind a dozen new months. Here's a good recipe for them:

Prepare one day at a time, and into each put 12 parts of faith, 11 of patience, 10 of courage, nine of work, eight of hope, seven of fidelity, six of open-mindedness, five of kindness, four of rest, three of prayer, two of meditation, and one of well-selected resolution.

My cookery book tells me: add a teaspoon of good spirits, a dash of fun, a pinch of folly, a sprinkling of play and a heaped cupful of good humour.

Next pour love generously into the whole, cook thoroughly, garnish with a few smiles and a sprig of joy; then serve with quietness, unselfishness, and cheerfulness.

Now, isn't that a good recipe for a new year?