

SENIORS CENTRE WITHOUT WALLS

Art Your Service

Every Weekday, morning, and afternoon sessions. **FREE** to all.



We are an Online Community for Older Adults with the best creative & fitness classes for aging well. We deliver 2 classes a day virtually, 5 days a week. In the morning is an exercise or movement class, in the afternoon we have art classes, talks, music, socials and more.

Our sessions are good for people 50ish and better, also useful, and fun if you are post-operation, stuck at home, or just looking for a wide variety of programs to keep you active from the comfort of your living room.

Get registered, contact Heather at
705 739 4220 ext. 5685 or
heather.kenehan@barrie.ca.



PALS

Parkview & Allandale Seniors
The newsletter of Parkview and Allandale 55+ Centres
For more information, visit barrie.ca.



ALLANDALE 55+ CENTRE
190 Bayview Drive, P.O. Box 400, Barrie, ON L4M 4T5
Call Allandale Rec Centre for information and to register.
General Inquiries 705 728 5141
PARKVIEW 55+ CENTRE
189 Blake Street, P.O. Box 400, Barrie, ON L4M 4T5
705 737 0755
Recreation Programmer: Heather Kenehan
Inclement Weather Hotline 705 739 4215

MAY 2024

IN THIS ISSUE...

- NEW!! Book Club @ Allandale 55+
- Upcoming Trunk Sale @ Parkview
- 55+ Parks Adventure
- 50th Anniversary in June
- Pop up Craft Sale and Sing along with Don McNair
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- Eye Health Presentation by Specsavers
- Ear Health Presentation and Hearing tests by Hear Canada
- Games Night at Allandale
- Crokinole anyone? Try it!
- BBQ's ARE BACK! Can you volunteer??
- Importance of Birds Workshop
- Sing Along with Don McNair
- And more!!

New to the 55 +?



Visit us for a tour and to check out our programs! We are open Monday to Friday 9 am to 3:30 pm. Look inside this edition for the full schedule of activities and events. Your membership entitles you to participate in all drop in programs and activities offered in both Centre locations! A very good deal indeed! Ask for details at our customer services desks. Non-resident fees may also apply.

Yearly - \$56.50**

6 months - \$39.55

3 months - \$22.60

1 month - \$11.30

One visit pass - \$2.65

**add 15 % for non residents



We are closed
May 20th for the
long weekend.

VIEW OUR CURRENT Volunteer Opportunities

Look in this issue to learn more about what we have to offer. Have a bit of time to spare? Volunteer with us! Lots of perks on the job: Like building friendships, having fun, and contributing to your community. Call Heather at 705- 739 4220 ext. 5685 to learn more.

COMING UP IN June.... Estate Planning Workshop. Monday June 3rd at 1 pm. Location: Parkview Centre. No cost free to all. Call 705 737 0755 to sign up. See info in this newsletter...

EVENTS AT A GLANCE

Tuesday April 30 th 1 pm	Parkview Centre	Jazz Afternoon
Tuesdays April 30 th and May 14 th @10 am	Parkview Centre	Crokinole anyone? Try it!
Mon. May 6 th 10 am to 3 pm	Parkview Centre	Pop up Craft Sale and Sing along with Don McNair
Mondays May 6, 13, 27 th @ 6:30 pm	Allandale Centre	Games Night at Allandale (no program May 20th)
May 8 th 1 pm	Allandale Centre	Eye Health Presentation
May 9 th 10 am	Parkview Centre	Hearing Health Presentation
Wed May 15 th 1:30 pm	Parkview Centre	Dessert & Learn: Longevity & the New Journey of Retirement
Wed May 15 th 1 pm	Allandale Centre	Allandale Book club
Wed May 29 th 1 pm	Allandale Centre	Sing Along Songs with Don McNair
Wed May 29 th 1 pm	Parkview Centre	Importance of Birds Workshop

PARKVIEW TRUNK SALE



SATURDAY JUNE 8th, 2024 8:30am – 12pm

RAIN OR SHINE

189 Blake Street, Barrie

Purchase a parking space for **ONLY \$10**
BOOK YOUR SPOT AS SPACES ARE SOLD ON
A FIRST COME FIRST SERVE BASIS!
REGISTER @ PARKVIEW 55+ CENTRE
Coffee and treats available for a fee.
Please call Parkview at 705-737-0755

GAMES NIGHT AT ALLANDALE IS BACK!!



We are back! Every Monday at 6:30 pm in the Allandale main hall. Member Drop In Program includes Board games, darts, Euchre and more! April to November. All welcome. No experience necessary. Let us show you how to play our favourite games! No program May 20th. Call 705 728 6332.

Crokinole anyone? Roberta Place is hosting a crokinole tournament on May 17th. Try it program will be offered at Parkview on April 30th and May 14th at 10 am. Sign up at the Parkview desk or call the centre 705 737 0755 to get your name on the list. Have an old board to donate? Let us know!!



Recreational Bridge is offered Fridays at 1 pm at Parkview. Beginners welcome. Join this friendly group in a non competitive environment. 55+ Membership required.



Scent Aware: Though we cannot guarantee a scent free environment, please be aware that some people are sensitive to chemicals & fragrances, so try to avoid applying PERFUMES and SCENTED PRODUCTS.



Do you know an older adult who is lonely and isolated having a hard time getting to programs? Call the Parkview Centre and ask for Deb or Heather K. 705 737 0755. Links to Wellbeing may help them get involved in our centre. Subsidy is available. Call for details.

Did you know that Parkview is celebrating its **50th Anniversary** this year? And so we plan to celebrate 50 years of serving our community! Take our monthly Parkview trivia quiz. *Questions and answers found right here in our monthly newsletter.* **Question from last month:** There is a bell at the front entrance to Parkview Centre. What does it commemorate??
Answer: the bell commemorates the **first member** of Parkview Centre, **Edythe (Rowe) Ferguson**.

This month's question. What was the former name of the school that now houses Parkview Centre. (Hint: This site had 2 former names. Name just one).



Parkview memorabilia? If you have news articles, photos, awards or old PALS to share please drop them to the desk at Parkview and include your name and phone number. Items will be returned. Thank you.



ALLANDALE BOOK CLUB

Wed May 15th @ 1pm
@ Allandale Main Hall
Book club meets 3rd Wednesday at 1 pm.

Join Laura Wright from Amica Little Lake is supporting our new book club. Read together from Book Kits provided, courtesy of Laura from Amica Little Lake at no fee. New kits every month. Maximum of 10 members. 55+ membership required. **Ask for the schedule at the desk and to register. 705 728 6332.**

RecACCESS. is a fee assistance program that provides support to qualifying participants with credits which can be applied to the registration fee for qualifying programs and activities. Application is required; all applicants must be permanent full-time residents of Barrie. For more information or application forms, visit barrie.ca or speak with any client services staff at our centres.

ESTATE PLANNING WORKSHOP COMING SOON!
HOLD THE DATE!! Monday June 3rd at 1 pm,
Parkview centre.

Join our panel of experts to review estate planning for you and your loved ones; Topics covered are: Financial Estate Planning, Legalities of Estate Planning, Selling and managing the Estate property - Real Estate, Vacant Home Watch - protecting the estate home, Tax Planning for estates; No fee. Refreshments provided complimentary.

To register call Parkview at 705 737 0755



Mark your calendar.
Wed June 12th for our 50th anniversary event.
Watch for information in this and upcoming PALS!

VOLUNTEERS NEEDED

- **BBQ WORKERS NEEDED!** Our centres are recruiting volunteers to offer the BBQs this summer. Interested in helping?? Ask at the desks for details!
- **Special Event workers** for set up and take down, food prep, implementation and having fun!
- **BINGO CONVENOR ALLANDALE LOCATION-** ask for details at the desk.

Want to know more? Please complete a volunteer application at the customer service desks and ask for Heather or program staff to meet or call you. Thank you!!

Camp closures: 55+ Drop-in programs cancelled for summer camps: **Allandale July 15- 26 and Aug. 6-16th for Parkview.**



Need help to find programs and services in the Barrie community? **Call 211** on any phone to speak to someone. 211 is a free and confidential service that easily connects people to the critical social and community supports they

IMPORTANCE OF BIRDS WORKSHOP



Wed May 29th at 1 pm at Parkview Centre

Gwen Petreman will provide a seminar on the importance of birds in our communities. This presentation explores the important role played by every living organism in the web of life. To register sign up by calling Parkview at 705 737 0755

COMING UP PARKVIEW 50TH ANNIVERSARY

WED JUNE 12TH 10 AM – 3:30 PM
Parkview Centre

A Time
to
Celebrate

HIGHLIGHTING:

- Parkview Singers
- Displays through the Years.
- Entertainment in the Park
- Don McNair entertaining
 - Tea room
- Rick Groves entertaining
- Sponsored Dance with the Paraguinns
 - Food trucks
 - Dignitaries
 - Try it! Activities
 - And more!!
- Looking for more information? Call Parkview at 705 737 0755. **Note all regularly scheduled activities are cancelled that day.**

Get moving indoors and outdoors. At Allandale: Take a moment to walk around the Allandale Main Hall before your activity. Then grab a ballot to win a special prize! Look for details at Allandale Centre. See if you can do this all year long. Monthly draws with costs approved by your Advisory council.

Parkview Walking Group is back starting Mondays at 9:30 am. 705 737 0755 for more information.

Let's Get
Moving U.P.!



Are you interested in being a volunteer and receiving »FREE« foot Care?

Sarah Ann's
FOOT CARE E.D.U.



Please reach out to us:

Email info@sarahannsfootcare.com

Text our cell phone at 705-816-3668

Call us at 705-792-4397 Ext:116

Your Session includes:

- . Foot Assessment
- . Diabetic Foot Assessment
- . Foot and Toe Nail Cleansing
- . Thick Toe Nail Trimming
- . Thick Nail Reduction
- . Callous and Corn Buffing
- . Ingrown Toe Nail Care
- . Foot Health Teaching

Foot Care Volunteers needed for
May 10th and 11th, 2024!

Sarah Ann's Foot Care EDU is looking for individuals with foot care needs.

Do you have corns, calluses, thick toenails, dry and/or cracked heels, or diabetes?

Appointments are limited and will be scheduled on a first come, first serve basis.

Our clinic is at 98 Essa Road, Barrie, ON L4N 3K7

55+ DESSERT & LEARN

RETIREMENT



Wed May 15th 1:30- 2:30 pm

Quilt Room

Parkview Centre 189 Blake Street

Paula Lourd, Financial Advisor, Edward Jones will provide a seminar on **Longevity and the New Journey of Retirement**. This presentation explores how the journey of retirement unfolds, the patterns of people's experience in retirement, and the keys to thriving along the way. Sign up by calling Parkview at 705 737 0755.

No fee. All welcome.

Craft Sale & Sing Along with Don McNair

Monday May 6th 10 am – 3 pm
**PARKVIEW POP UP
CRAFT SALE**

189 Blake Street Barrie



Just in time for Mother's Day! BROWSE THE MANY ITEMS FOR SALE by our PARKVIEW CRAFTERS. Craft sale from 10 am to 3 pm.



Join in the fun sing along with Don McNair. Stop in for light refreshments and a song or two. Starting at 1 pm Don will lead us all in a fun sing along. Sip some refreshments in our tearoom. No registration OR ADMISSION FEE.

Call us for details. **705 737 0755.**

HIGH ★ FIVE

Healthy Aging

Our 55+ Centres offer welcoming and diverse, safe, age friendly activities with **1. Caring leaders; 2. Opportunities to build friendships; 3. Fun play; 4. Mastery; & 5. Participation.**

ADVISORY NEWS: ONE ADVISORY ONE TEAM!

Special thanks to all who stepped up from both centres to work on the Advisory Council. Your Council is the members' voice in program matters and supports volunteers in their work within the centres. Your team (elected at the Annual General Meeting) is Allandale: Karen M, Marian W, Carol B and one new Member at Large TBD.

From Parkview: Marilyn M, Wayne G, Janet R, Brenda M.

Representing both centres: Pat T and Heather P.

See displays in our centres. Thanks to all!!

Service
Barrie

CUSTOMER CONTACT CENTRE

Have a question about City Services? Call 705 726 4242 or visit online [Service Barrie](https://www.barrie.ca/service-barrie)

VOLUNTEER RECOGNITION

Did you know that we have a volunteer recognition event every year in the Spring? Please fill in your volunteer hours **every time you volunteer into the Volunteer books** at the front desks at each centre. Service Hours are used for invitations to our annual recognition event and for reporting to our funders, the City of Barrie, and the Ontario government.

If you volunteer at home (for example make a craft at home that is donated to the centre for our craft sales) then those hours count as volunteer hours. Please record them so we can recognize you at our annual event. If you volunteer at the centre (for example volunteer your time at a special event or program) then those hours count as volunteer hours and please record those hours so we can recognize you at our annual event. If you need help with how to use the volunteer hours binder, ask at the **desks! The City of Barrie wants to recognize your efforts. Your volunteer work is important to the working of the centre. Thank you for volunteering.**

HEALTHY HEARING WORKSHOP



**THUR. MAY 9TH 10 AM
TO 11:30 AM**

Parkview Centre
Quilt Room



This presentation will cover discussion on basic ear health as well as opportunity to have your hearing aids cleaned and checked as well as screening and physical ear examinations.. Please sign up by calling 705 737 0755. Offered by Hear Canada, Barrie Ontario.

PARKS ADVENTURE TOUR- now full!

JULY 18TH- AUGUST 8TH

This guided bus tour to four Barrie parks is now full. Call the centre to put your name on the waitlist only. 705 737 0755. Thank you

EYE HEALTH PRESENTATION



This presentation will cover discussion on basic eye prescriptions, eye health protection and prevention as well as minor repairs, adjustments and prescription eye wear cleaning. Please sign up by calling 705 728 6332.

WED MAY 8TH @ 1:00 PM

ALLANDALE 55+ CENTRE

190 Bayview Drive, in the Allandale RC.

Complimentary of Specsavers (Park Place Barrie)



ALLANDALE 55+ TO RESERVE YOUR SPOT 705 728 6332.



INTERESTED IN COURT WHIST? We are looking for interested members to play Court Whist at Parkview. Thursdays at 1 pm this program weekly Thursday afternoons at Parkview. Call the centre for details. 705 737 0755

DID YOU KNOW??

- Bring a Water Bottle to the centre to fill in our filling stations.
- Garbage Tags available at the Centres for purchase. See customer service desk for assistance. At Allandale that is on the lower level.
- City of Barrie Bus Passes are also available to purchase at the Customer Service desks.
- A Food Bank bin is also available at the Parkview location for donations anytime.

Sing along with Don

May 29, 2024 - 1 - 2:30 PM

All your favourite music of the 60's, 70's, 80's and 90's from your favourite artists...



ALLANDALE 55+ CENTRE

Register by calling 705 728 6332 or sign up at the desk.

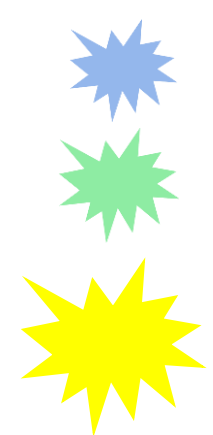
No admission fee. Refreshments available.



**DANCE
CONVENOR
NEEDED**

Please note that a Dance convenor and co-convenor is required to keep the Thursday afternoon Dances going. Our convenor (Brenda) is resigning as of June 30th. If no convenor is found then the dances will stop. Please see the staff at the desk or Brenda at the Thursday dances for more information. **Special thanks to Brenda for all her hard work over these past two years! Your work is much appreciated!!**

NOTE: NO DANCE THURS MAY 16TH FOR THE LONG WEEKEND.



Darts (Allandale) High Scorer

Recently during darts at Allandale Vicki had a score was at 444!! Vicki hit triple 4 to win the game!! Congratulations Vicki!

LINE DANCING IS BACK!!



**55+ BEGINNER ONLY CLASSES.
TUESDAYS STARTING APRIL 16TH**

10:30 – 11:30 am

Simple, fun, beginner level.

For health and active living.

55+ Membership required.

@ Parkview Centre

NO CLASS MAY 7TH

Join our Parkview shuffleboard players! We have so much fun! Join our group on Wednesday and Friday mornings.



Fair Play for the FUN of It

The goal of the City of Barrie facilities, programs and services is to ensure a **rewarding, safe and positive experience for all users**. Working in collaboration with Staff, as a participant or volunteer, you agree to treat others with respect, dignity, and consideration during your visit. Abuse of any sort will not be tolerated. Disregarding the City of Barrie Fair Play Policy will result in being asked to leave the facility and possible pass suspension.



Boston Pool

(billiards) – Fridays 10 am - 11:30 am in the Parkview Games Room **Open to all**, all genders, and abilities welcome! Come check out his new pilot program.