

# 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](mailto:heather.kenehan@barrie.ca).



LEARN TO PLAY GUITAR STARTING BACK IN APRIL! Don McNair is instructing beginners guitar. See notice in April newsletter. 55+ Centre for registration details. Membership required.

## EVENTS AT A GLANCE

March 5 <sup>th</sup> at 11:30 am	ALLANDALE	Town Hall Meeting with membership
Mon. March 11 <sup>th</sup> 1 pm	ALLANDALE	UNSYNCABLE- THE MOVIE
March 25 <sup>th</sup> 1:00 pm	SOUTHSHORE CC	ANNUAL GENERAL MEETING- All members
March 28 <sup>th</sup> 12:00 pm	ALLANDALE	Spring is in the Air Luncheon
April 3 1:30 pm	ALLANDALE	Fraud Prevention Workshop



# PALS

**Parkview & Allandale Seniors**  
The newsletter of Parkview and Allandale 55+ Centres  
For more information, visit [barrie.ca](http://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**

**MARCH 2024**

## IN THIS ISSUE...

- **Unsyncable- the Movie!**
- **Annual General Meeting**
- **Spring is in the Air Luncheon**
- **Sneak peek at some April events**
- **Summer Parks tour**
- **And more!**

For times, dates, and locations, see information in this issue or call 705-737-0755 (Parkview) or 705 728 6332 (Allandale) or visit [www.barrie.ca/SeniorsCentres](http://www.barrie.ca/SeniorsCentres)

## 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**



**FRIDAY MARCH 29, 2024:**

**ALL CENTRES ARE CLOSED FOR HOLIDAY**

**MONDAY APRIL 1 ALL CENTRES ARE OPEN FOR REGULAR DROP-IN PROGRAMS.\* \*(Check April schedule for more details. Some restrictions apply).**



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.



## WE LOVE OUR DART BOARDS AND LIGHTS!



Thanks to the Seniors Active Living Centres funding (Ontario) Parkview Centre acquired new dart boards and lights for its games room. Our growing dart group loves their new equipment; it's much more enjoyable to play!

### IN THE COMMUNITY



**Tuesday, March 12, 2024  
10:00am-2:00pm**

Learn about programs and services available to seniors in our community!

- Includes presentations, exhibitors, and door prizes
- Free healthy snacks for the first 150 participants

#### EVENT INFORMATION

Bob Morton Centre  
146 Toronto St.  
Barrie, Ontario

#### CONTACT US

(705) 728-3456 ext. 791  
info@victoriavillage.ca  
www.victoriavillage.com



Hosted by Victoria Village in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.

## City of Barrie 55+ Centres



**for Allandale 55+ and Parkview 55+ will be held Monday March 25<sup>th</sup> at 1:00 pm**

**at Southshore CC, 205 Lakeshore Drive.**

**Annual Reports from Parkview and Allandale 55+ Centres will be received. Elections for Advisory Positions will be held. Hear about changes coming this April to our centres.**

**This is a combined Annual General Meeting and all members from both centres are invited to attend. Dessert will be offered complimentary. RSVP at the desks**

We would love to see you there! Note: AGM reports and election candidate bios and job descriptions will be available for review. Ask at the desks.

## 55+ CENTRE ADVISORY

The City of Barrie 55+ Centres' Advisory Council is an elected council of members who advise City of Barrie staff on matters pertaining to the operation of the Centre, support the activities of the Centre, and receive, distribute, and account for funds raised or donated to the Advisory Council. Their roles are integral to the operations of the 55+ Centres. Advisory members meet monthly and support programs throughout the week. **All positions will be filled by election.** Job descriptions available. Ask at the desk.



**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.



**Please remove outer footwear when entering our program rooms.** Staff and other participants appreciate your assistance in keeping our floors as clean as possible. Please **take off your boots** when entering the program rooms. **Thank you!**

## Coming up! 55+ Fraud Prevention



**Wed. Apr. 3, 2024 @ 1:30 pm**

Open to all  
No admission fee  
Allandale R.C.

[ARC - Main Hall](#)

Learn about Fraud Prevention in this streamed presentation from the Prevention of Seniors Abuse Network. **NOTE** Pre-registration required. Call 705 728 6332 to register before April 1.

## Parkview memorabilia?

Parkview staff and volunteers are collecting Centre memorabilia to display for our 50th anniversary events. 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.

We are looking for: Trophies, Old newsletters, and calendars, photos, merchandise, etc. Call the centre for details, 705 737 0755. Thank you!

## MARK YOUR CALENDARS FOR THESE ALLANDALE EVENTS

- **"Unsyncable"** Movie – Mon. March 11<sup>th</sup> @ 1:00 pm. See ad in this newsletter for details. Refreshments available. No admission fee\*.
- **Spring is in the Air Luncheon with Rick Groves** performing. Thurs March 28<sup>th</sup> from 12-1:30 pm. Sandwich with a dessert and hot beverage sponsored Sign up ahead. **\$12.00 at the door**

*(Tell Your Story – Postponed due to instructor illness. We will look to the Spring to offer this again. Stay tuned for more details to come in future Pals)*

Sponsored by the Allandale 55+ Centre and the government of Ontario and \***CHARTWELL** Whispering Pines **Retirement Residence**. Call ahead to sign up **705 728 6332.**

## ALL CONVENORS PLEASE RESPOND!

Parkview and Allandale Convenors are asked to provide a short description of their program including an estimate of average weekly attendance to be submitted to the staff at both centre desk locations **before March 11<sup>th</sup> at 4 pm** to be **included in the Annual Report**. ALL convenors are asked to attend the Annual meeting of the membership on Monday March 25<sup>th</sup> at 1 pm at Southshore CC, See ad in this newsletter for details. Questions? Call the centres or ask at the desk. Thank you.



**Starting May 1, 2024,**

**Garbage collection** will look different for Barrie

residents. Learn about the changes in the [2024 Waste](#)

[Collection Calendar](#). Pick up your copy at the desks. Or

visit the booth coming to Parkview April 17<sup>th</sup> 11 am – 1 pm.





## Good Foot Forward Foot Care Clinic

Do you have diabetes or been diagnosed with poor blood flow to your feet?

Are you without access to foot care (you don't have private health insurance, or ability to pay for foot care privately)?

Foot care is important. Proper foot care can help prevent problems that could lead to the loss of parts of your legs or feet.

Problems with your feet can include things like:

- Rough spots on your skin (calluses)
- Not being able to feel your legs, feet, or toes
- Toenails that are not taken care of
- Pain in the legs, ankles or feet
- Sores that keep coming back or take a long time to heal
- Part of your toe or foot has already been removed

Call to book a foot care appointment at:  
**705-794-6023**



## NOTICES

**Monday March 11<sup>th</sup>**- Progressive Euchre at Allandale is cancelled for an event.

**Friday March 29<sup>th</sup>** – all Centres closed.

**Thursday March 28<sup>th</sup>**- Duplicate Bridge cancelled for a luncheon.

**Camp closures:** 55+ Drop-in programs cancelled for summer camps: July 15- 26 for Allandale and Aug. 6-16<sup>th</sup> for Parkview. More details to follow.

## GAMES NIGHT AT ALLANDALE STARTING BACK!!



We are back! Starting April 15<sup>th</sup> 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! Call 705 728 6332.



## PARKVIEW DANCE

**Dance admission fee is now \$7.00 pp.** This increase was approved by your Advisory Council for Regular dances on Thursdays at Parkview from 1:30- 3:30. Thank you for your continued support.



**INTERESTED IN COURT WHIST?** We are looking for interested members to play Court Whist at Parkview. Starting March 7<sup>th</sup> at 1 pm this program will be offered weekly Thursday afternoons at Parkview. Call the centre for details or drop in.

## ALLANDALE TOWN HALL MEETING

Allandale members are you interested to hear about updates to your advisory coming soon? You are invited to a **town hall meeting on Tuesday March 5<sup>th</sup> at 11:30 am**. Heather will provide an informal update on plans for your new advisory and you will have an opportunity for questions. Bring a bag lunch. Tea, coffee and cookies complimentary. No registration required. See you there!

**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. Thank you.

## LUNCH AND LEARN March 7<sup>th</sup> at Parkview is CANCELLED

Due to instructor/presenter unavailability the Navigating Seniors Services in Barrie is cancelled until further notice. Look for notices of future events on the program announcements at both centres. We regret the inconvenience this may cause.

## SPRING IS IN THE AIR LUNCHEON

Thurs. March 28<sup>th</sup> 12 - 1:30 pm

## Allandale RC Main Hall



Join us for a fun afternoon. Listen to the tunes of Rick Groves over a light lunch of sandwiches & dessert. Sign up ahead and pay on the day.  
**\$12.00 at the door.** (see new fee)  
Call the centre to register. 705 728 6332.



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 need.



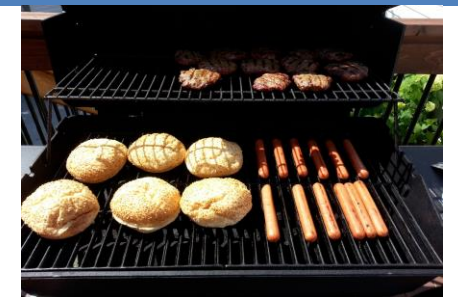
**Mark your calendar.**  
**Wed June 12<sup>th</sup> for our 50<sup>th</sup> anniversary event.**  
**Watch for information in upcoming PALS!**

Did you know that Parkview is celebrating its **50<sup>th</sup> Anniversary** this year? Yes, Parkview Centre officially opened in 1974. 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. What room (s) were available for 55+ programs when Parkview opened in 1974?** Answer: **Quilt room only! Yes all programs including dances were offered in one room!!**

**This month's question: How much did it cost to buy a membership in 1974?** Answer in next month's PALS.



**BBQ CONVENORS AND COMMITTEE WORKERS NEEDED!** Our centres are recruiting volunteers to offer the BBQs this summer. Interested in helping?? Ask at the desks for details! Full training provided. Convenors are needed for this program to be offered this summer at Parkview. Extra hands for help with our BBQ's at Allandale is appreciated.

- **Special Event workers** for set up and take down, food prep, implementation and having fun!
- **BINGO Convenors- both centre locations.**

**Want to know more** about what is involved in these opportunities? If interested and to learn more please complete a volunteer application at the customer service desks and ask for Heather or program staff to



## BENEFITS OF NATURE



Have you heard about the benefits of nature for adults? Scientists have confirmed what many of us have experienced. Being in nature has direct health benefits.

**This summer discover the benefits of nature with our guided 55+ Parks Bus Tour: Visit 4 parks over 4 weeks, one a week.**

**Dates: Thursdays 9:30 am to 12:00pm**

**July 18<sup>th</sup> to August 8<sup>th</sup>.**

Visit Sunnidale Park and immerse yourself in meditative practices. Visit Barrie Sports Complex to learn to paddle a canoe or play archery; Visit Bear Creek Eco Park to view the marshland wildlife; and visit Nelson Park for an outdoor art class. Sponsored by the O.A.C.A.O. Participants must agree participate in all 4 weeks. Bus leaves from Parkview Centre location. No fee: Call Parkview for details or to register. Space is limited. **705 737 0755**

## IN THE COMMUNITY



### Barrie Senior Coed Slo-pitch League 55+

if you are 55+ and interested in playing recreational coed slo-pitch, the Barrie Coed Slo Pitch league has spaces for more players. Offering two divisions, one on Monday mornings at Shear, and one on Wednesday mornings at the Barrie Sports Complex in Midhurst. The season runs from early May to late September with weekly games. You can choose to play one or both days.

**Registration starts March 19 on-line or drop in** at the in-person session at the Barrie Legion March 19 1:00-3:00. **For more information, please check out their website** at <https://barriescs.ca/> or email us at [barrieseniorslopitch@gmail.com](mailto:barrieseniorslopitch@gmail.com).

## UNSYNCABLE - The Movie



**MONDAY MARCH 11<sup>TH</sup> 1 PM**

**ALLANDALE MAIN HALL- FREE OF CHARGE**

*Unsyncable* follows six senior artistic swimmers (aged 63 – 82) as they prepare for the U.S. Masters Artistic Swimming Championships (formerly synchronized swimming). One is going for gold, another knows she'll come last, and others are going for community and the love of their team. They will all push physical, emotional and societal boundaries to get there. Collectively, they have lost partners, suffered injuries and contended with ageist assumptions about what they can do. But through it all, they keep swimming - and they do it with a smile!

These athletes are a testament to perseverance, the resilience of the human spirit, and our endless capacity for growth at any age.

**Visit the centre or call to register @ 705 728 6332.**

[Trailer – Unsyncable the documentary film](#)  
([unsyncablefilm.com](http://unsyncablefilm.com))



**Winter** is the perfect time to get moving indoors and Allandale is the perfect space! 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.

## FRIENDLY CALLS

*Connecting with others gives us a sense of belonging and purpose.*

**Build your community, one call at a time.**

Friendly Calls is **safe, accessible, free, and available nationwide.** Call 1-833-979-9779 or connect with us at [redcross.ca/friendlycalls](http://redcross.ca/friendlycalls).

The Friendly Calls program matches **people over the age of 18** with trained Red Cross personnel who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

Canadian Red Cross / Croix-Rouge canadienne  
Financial contribution from / Contribution financière de  
Public Health Agency of Canada / Agence de la santé publique du Canada

**RecACCESS.** RecACCESS is intended to ensure all residents have an opportunity to participate in recreation programs and activities, regardless of their financial situation. 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](http://barrie.ca) or speak with any client services staff at our centres.

**Service Barrie**  
CUSTOMER CONTACT CENTRE

Have a question about City Services? Call 705 726 4242 or visit online

[Service Barrie](#)



**Inclement Weather Hotline**  
**705 739 4215**

Don't forget to check the weather conditions and our inclement weather hotline for any program cancellations before heading out. Still unsure? Call the centres for updates.

## 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.



**NEW**

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.