

SQUARE ONE OLDER ADULT CENTRE 2009 FALL BROCHURE

SEPTEMBER / OCTOBER / NOVEMBER / DECEMBER

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Affiliated with:



100 City Centre Drive
P.O. Box 2214
Mississauga, Ontario
L5B 2C9

(905) 615-3207
Fax: (905) 615-3455

www.sq1oac.com



100 City Centre Drive, P.O. Box 2214,
Mississauga, ON L5B 2C9
(905) 615-3207 Fax: (905) 615-3455
contact us at: squareoneoac@rogers.com
www.sq1oac.com

Centre Hours

Monday to Friday: 8:30am - 4:30pm
Saturday: 9:00am - 4:00pm

Travel Office Hours

Monday to Friday: 9:30am - 1:30pm

Cozy Corner Café Hours

Monday to Friday: 9:30am - 1:30pm

The Centre is Closed

**Monday, September 7th, Monday, October
12th, Thursday, December 24th, Friday,
December 25th, Friday, January 1st**

In the event of **severe weather**, please contact the Centre at (905) 615-3207, please listen to the recorded message to ensure that your program will take place.

Registration for fall programs will begin **Wednesday, August 19th**. All program participants are expected to become members of the Centre and to pay the advertised fee for each program. Participants will be asked to show their **2009 membership cards**. Guests can attend programs twice before becoming a member (program fees apply). Registration and fee payments (cash or cheque) are accepted in the Centre during public operating hours. The Board of Directors reserves the right to cancel or alter advertised programs, instructors, special events and travel schedules. Full refunds are issued if the Centre is responsible for a cancelled program. Withdrawal Request Forms are available at the Administration Office, and must be submitted before the third class commences to be eligible for a refund. Refunds will be pro-rated and will include a \$5.00 administration fee for each program. NSF cheques \$25 fee applies.

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.

MEMBERSHIP INFORMATION

Mississauga residents 50 years of age and better (spouses may be under 50) are welcome to join the Centre (1/2 price as of June 1st) for \$12.00 for the 2009 Calendar year. Non-Residents may join for \$14.00. 2010 memberships will be on sale on Tuesday, December 1st.

MEMBERSHIP BENEFITS

- * Access to a variety of programs, events and services
- * Discounts on special events and bus trips
 - * Seasonal Brochure
 - * Members' Newsletters
- * Vote at the Annual General Meeting
 - * Free Internet Café
- * Community resource literature
- * Seniors discount list for Square One stores
 - * Volunteer Opportunities
 - * Fun, social interaction and maintain an active lifestyle

There is an elevator down to the Centre and all rooms are wheelchair accessible. The Centre is managed by an incorporated, non-profit, volunteer Board of Directors. The organization is affiliated in good standing with the City of Mississauga Recreation and Parks, Community Services Department and a member of the Older Adult Centres' Association of Ontario.

Board of Directors Update:

The Board of Directors of Square One Older Adult Centre have some very exciting news to report on this Fall. We are well on our way to launching our new seniors' service charity that will provide health and wellness services to seniors in our community. The Board of Directors are just finishing up the final touches on the charity registration application for **Square One Seniors Wellness Services** to become a registered charity. We have been working with a lawyer to ensure that we follow the proper Canadian Revenue Agency guidelines and this should expedite the approval process. The purpose of the new charity is: **"to improve wellness and independence and to relieve loneliness and isolation of the aged by establishing, operating and maintaining senior citizens services to provide health, recreation, education, cultural activities and other programs for senior citizens."**

We have already started to expand our services in this area. You will note below this article, three new services that we have initiated to assist seniors in our community. We have partnered with Family Services of Peel to offer the one-on-one support and the group empowerment programs which are provided by a social worker. The new Telephone Reassurance program, in partnership with Peel Senior Link, was made possible through funding from the Mississauga Halton Local Health Integration Network.

The Board of Directors are also working hard to find extra program and service space in our community. We love our Square One location and plan to stay there for many years, but we are running out of space. We have new programs and services that we want to offer and need more space to make this happen. We hope to announce another, satellite location by early 2010.

Pat Fyffe
President

Sue Hesjedahl
Executive Director



Square One Older Adult Centre
and

Family Services of Peel

presents

FREE INFORMATION

AND SUPPORT FOR ADULTS 50+

Every FRIDAY from 9:30am to 12:30pm

Free Counselling ♦ Confidential ♦ Private

Please call Lina Zita at (905) 615-3207 to book
your FREE individual appointment with a social worker
or for more information.

**EMPOWERING ADULTS 50+
FREE DROP-IN GROUP SESSION**

FRIDAY from 1:30pm to 3:30pm

Bi-weekly group discussions on:

Caregiver Stress ♦ Support Services ♦ Elder Abuse
Grandparenting ♦ Investment Loss ♦ Depression



Telephone Reassurance Program

What?

This program is designed to provide daily contact for adults 50+ who live alone in the Mississauga area and have some concerns about their safety and isolation.

How?

Pick up your Client Application Form at the Administration Office or call (905) 615-3207 for more information.

Where?

In the privacy of your own home.

When?

Daily at a mutually agreed upon time.

Why?

To alleviate some of the fears of living alone, as well as to provide social contact.

5 minutes can
make all the
difference....

Partnership:



Peel Senior Link
helping seniors live independently

There is no cost involved. You do not need to be a member of the Square One Older Adult Centre for this service.

Telephone Reassurance Program

funded by the Mississauga-Halton LHIN:



Volunteers....working together to make a difference!!!!

Congratulations to our dynamic, gifted and truly instrumental Team of Volunteers for playing such a crucial role at your Centre. We acknowledge and give thanks to you for your hard work and efforts towards ensuring the success of our programs and services. We applaud you all!!!

Volunteers are needed for our new telephone reassurance program or join us this December for our Gift Wrapping Fundraiser in the Mall. For more information please call Karmela at (905) 615-3207.

FUNCTION ROOM RENTAL

Our Auditorium is great for dancing, our Program Room is perfect for presentations, our Board Room is just right for small meetings. Book your special event, workshop or class with us now. Good central location at the Square One Shopping Centre with plenty of free parking. Reduced rates for Auditorium rental on Friday and Sunday evenings. Call Anne at (905) 615-3207 or visit our website for details.

The Mississauga Fire and Emergency Services generously provided the Older Adult Centre with an **Emergency Defibrillator**. All staff have been trained on the safe use of the Defibrillator.

Square One Older Adult Centre Staff

Sue Hesjedahl	Executive Director
Laura Surman	Program Coordinator
Anne Goldspink - Norman	Administrative Coordinator
Lina Zita	Marketing & Community Development Coordinator
Karmela Buzdon	Volunteer Coordinator
Joan Crews	Saturday Receptionist
Genni Iwanski	Saturday Receptionist
Peter Hammond LL.B.	Legal Consultant (volunteer)

ADVERTISING

If you are interested in advertising in our seasonal brochure, please contact Lina at (905) 615-3207 or squareoneoac@rogers.com to discuss rates, submission dates, etc.

Suggestion Box

Just a reminder that the suggestion box is located in the lobby and we are always open for suggestions!

2009 - 2010 Volunteer Board of Directors

Pat Fyffe	President
Shirley Corbett	Past President
Esther Williams	Vice President
Robert Lomon	Controller
Alice Dods	Director, Administration & Secretary
Marion Duff	Director, Facilities
Judy Willson	Director, Programs and Cafeteria
Sasha Zivkovic	Director, Special Events & Fundraising
Shirley Corbett	Director, Travel
Jean Michaels	Director, Volunteers
Lewis Lawrence	Vice President, Facility Operations (Emeritus)
Linda Keen - Lausberg	Ex-Officio Director, Square One Shopping Centre
Wendy Murdock	Ex-Officio Director, City of Mississauga



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Virginia's World Was Shrinking

Now she has so much to look forward to



Heritage Glen Community For Seniors

Located in Meadowvale offers large 1 and 2 bedroom apartments for seniors who would like to maintain an active and independent lifestyle

with services and programs to choose from.

Come see what true independent retirement living is all about!

Enjoy a complimentary lunch in our amazing café. Call Kerri today for details.



Regency Retirement Residence

The Credit River is just minutes from the Regency Retirement Residence at Lakeshore Road West and Mississauga Road North.

Choose from a host of services and activities, and let our trained staff take care of the rest.

Join us for our new Grand Bingo!

Every 3rd Thursday of the month at 1:30pm

Great prizes to be won and refreshments served. Call Sara to reserve your spot!



HERITAGE GLEN COMMUNITY FOR SENIORS

6515 Glen Erin Dr., Mississauga

905-567-6015



REGENCY RETIREMENT RESIDENCE

29 Mississauga Rd. North, Mississauga

905-891-2422



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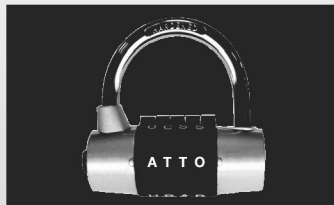
ATTO

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Program	Description	Program Dates	Time/Day	Fee	Location
On The Ball* (Faye)	Improve your balance and core strength with this fun workout. Muscle conditioning on the stability ball helps flexibility and back strength.	November 3 to December 1	Tuesdays 9:15am - 10:15am	\$32.50 for 5 weeks	Program Room
Pilates* (Pam)	This enjoyable strengthening and stretching workout is safe for all fitness levels. Designed to lengthen and tone the Muscles, Pilate's holistic approach improves your posture and helps correct muscle imbalance.	October 5 to November 9 (cancelled October 12) November 16 to December 14	Mondays 1:00pm - 2:00pm	\$37.50 for 5 weeks	Program Room
Tai Chi Beginner Level One* (Heidi)	Learn this wonderful Chinese exercise. Suitable for all fitness levels.	September 22 to November 24	Tuesdays 10:30am - 11:30am	\$27.50 for 10 weeks	Program Room
Yoga* (Zaneta)	Learn postures and movements that are easy to do. All fitness levels welcome.	October 6 to November 24 (cancelled October 13 and November 17)	Tuesdays 2:15pm - 3:45pm	\$45.00 for 6 weeks (1 1/2 hour class)	Auditorium

Program	Description	Weekly Instructors	Time/Day	Fee	Location
Chair-exercise	Workout your heart and muscles using a chair for support. Great for beginners.	Faye	Tuesdays 10:30am - 11:30am	\$2.75 per visit	Auditorium
Co-ed Fitness	Fun low-impact class with weight work and stretching.	Diane Karina Fern Liz	Mondays Thursdays Saturdays 9:15am - 10:15am Fridays 9:30am - 10:30am	\$2.75 per visit	Auditorium
Exercise Bike	Book a free orientation with the office.		Monday to Friday 9:00am - 4:00pm	\$1.00 per visit or \$10.00 for 18 visits	Stage
Kurling New Floor Game!!	Love to curl or play shuffleboard? Come out and try this new game. <i>Sponsored by VIVA Retirement Living</i>		Tuesdays 11:35am - 12:15pm	\$1.00 per visit	Program Room
Mall Walkers	Safe way to walk with friendly people.	Laura	Wednesdays 8:00am warm-up	\$1.00 per visit or \$10.00 for 18 visits	Auditorium
Table Tennis	Active, friendly game.		Wednesdays Fridays 10:00am - 12:00pm Saturdays 10:30am - 12:30pm	\$1.50 per visit	Program Room Auditorium
Tai Chi Intermediate	Maintain and improve your moves!	Heidi	Tuesdays 9:15am - 10:15am	\$2.75 per visit	Auditorium
Urban Poling New!!	Looking to update your walk? Urban poling can increase your cardio workout. Class includes warm-up in the Centre, pole walking outside and a stretch afterwards!	Faye	Tuesdays 9:15am - 10:15am Until October 27	\$5.00 per visit (Poles are provided)	Program Room/ Outdoors
Wii Bowling	Have fun bowling! May be done seated. <i>Sponsored by Revera Rapid Response</i>		Mondays Tuesdays 11:35am - 12:15pm	\$1.00 per visit	Auditorium Program Room

CARDS AND GAMES DROP-IN

Program	Description	Program Dates	Time/Day	Fee	Location
Bingo	Win prizes at dabber bingo.	Ongoing	Mondays and Wednesdays 1:30pm - 3:00pm	\$4.00/8 sets of 3 games	Auditorium
Canasta	Partners not required.	Ongoing	Mondays 10:00am - 12:30pm	\$1.50 per visit	Program Room
Chess	Checkmate!!	Ongoing	Fridays 10:00am - 2:00pm	\$2.50 per visit	Cafeteria
Contract Bridge	For experienced bridge players. No partners required.	Ongoing	Thursdays 1:00pm - 4:00pm	\$1.75 per visit	Program Room
Contract Bridge Intermediate Beginner	No partners required.	Ongoing	Thursdays 10:00am - 12:00pm	\$1.75 per visit	Program Room
Cribbage	Fun game!! No partners required.	Ongoing	Thursdays 1:00pm - 3:00pm	\$1.75 per visit	Lion's Den
Dominoes	Everyone welcome.	Ongoing	Fridays 10:00am - 12:00pm	\$1.50 per visit	Lion's Den
Euchre	Fun and challenging game. No partners required.	Ongoing	Tuesdays 1:00pm - 3:00pm	\$2.00 per visit	Program Room
Gin Rummy	Drop in game.	Ongoing	Mondays 1:30pm - 3:30pm	\$1.50 per visit	Cafeteria

Program	Description	Program Dates	Time/Day	Fee	Location
Painting with Watercolours*	Learn from artist Lorraine Ireland. No experience required.	September 22 to November 24	Tuesdays 9:30am - 11:30am	\$80.00 for 10 weeks	Lion's Den
Tattooing* New!! (Hope & Yvonne)	Learn this wonderful heirloom craft.	October 6 to October 27	Tuesdays 12:00pm - 2:00pm	\$6.00 for 4 weeks	Lion's Den

CRAFT AND MUSIC DROP-IN

Program	Description	Program Dates	Time/Day	Fee	Location
Bunka Embroidery (Carmen)	Learn the simple & beautiful art of Japanese embroidery.	Ongoing Starting September 10 New participants need to order the sampler kit from Laura. (cancelled October 8)	Thursdays 9:00am - 12:00pm	\$2.50 per visit	Lion's Den
Craft Workshops (Barbara)	Work on projects or learn different crafts including crochet and plastic canvas.	Ongoing Starting October 6	Tuesdays 12:00pm - 2:00pm	\$1.50 per visit	Lion's Den
Crafter's Club	Work on fun projects for our Christmas Sale which runs November 23 to November 26.	October 6 to November 17	Tuesdays 12:00pm - 2:00pm	Volunteer Group	Lion's Den

DANCE PRE-REGISTERED

Fall 2009

Program	Description	Program Dates	Time/Day	Fee	Location
Hawaiian Dancing* (Aracelli)	Learn the hula and the basic steps of Hawaiian dancing in this fun filled class. No partners required.	September 22 to November 24 (cancelled October 13 and November 17)	Tuesdays 1:00pm - 2:00pm	\$32.00 for 8 weeks	Auditorium
Jazz Dancing 1* (Sue)	Learn jazz steps and simple routines. Includes warm-up exercises. No experience required.	October 15 to December 10 (cancelled October 29)	Thursdays 2:00pm - 3:00pm	\$40.00 for 8 weeks (\$76.00 for both 'Tap & Jazz 1)	Auditorium
Jazz Dance 2 Performance * New!! (Sue)	Experienced dancers can stay an extra half hour for this challenging class. Learn harder steps and work on a performance piece.	October 15 to December 10 (cancelled October 29)	Thursdays 2:00pm - 3:30pm	\$60.00 for 8 weeks 1 1/2 hour class (\$96.00 for both 'Tap & Jazz 2)	Auditorium
Line Dancing Basics* (Merilyn)	Need to learn the steps for line dancing? This is the class! No partner required.	September 22 to October 20 (October 13 class runs 11:30am to 12:30pm) October 27 to November 24	Tuesdays 11:45am - 12:45pm	\$22.50 for 5 weeks	Auditorium
Salsa Dancing* New!! (Merilyn)	Dance to the Latin beat! This great dance style is fast and fun. No partners required.	October 9 to November 27	Fridays 12:30pm - 2:00pm	\$48.00 for 8 weeks	Auditorium
Tap Dancing* (Sue)	Always wanted to learn to tap? Now's the time! Tap shoes preferred, but hard soled shoes are fine. No experience required.	October 15 to December 10 (cancelled October 29)	Thursdays 1:00pm - 2:00pm	\$40.00 for 8 weeks (\$76.00 for both 'Tap & Jazz)	Auditorium

Program	Description	Weekly Instructors	Time/Day	Fee	Location
Belly Dancing	Learn the shimmy, undulation and the veil dance. Lots of fun and great exercise too!!	Mary	Wednesdays Beginners 3:30pm - 4:30pm Performance Troupe 4:30pm - 6:00pm	\$2.75 per visit	Auditorium
Line Dancing Beginner	Dance the Rumba, Cha-Cha, Tango and more. No partners needed.	Sarina Merilyn Eugene	Mondays 10:30am - 11:30am Wednesdays 9:00am - 10:00am Thursdays 10:30am - 11:30am	\$2.75 per visit	Auditorium
Line Dancing Intermediate Beginner	Building on the Beginner Level. Learn more complicated dances.	Rhoda Rhoda	Wednesdays 10:15am - 11:15am Fridays 2:15pm - 3:15pm	\$2.75 per visit	Auditorium
Line Dancing Intermediate	Learn more complicated dances to a variety of music.	Rhoda Eugene Merilyn Rhoda	Wednesdays 11:30am - 12:30pm Thursdays 11:45am - 12:45pm Fridays 10:45am - 12:15pm Fridays 3:15pm - 4:15pm	\$2.75 per visit \$2.75 per visit \$3.75 per visit \$2.75 per visit	Auditorium

Program	Description	Program Dates	Time/Day	Fee	Location
55 Alive Driving Training*	This in-class driver refresher program is designed to help people 55+ to maintain their independence and driving privileges, give you more confidence, improve your awareness and identify and correct bad driving habits. Fee for the manual and kit is included in the course fee.	October 7 and October 8	Wednesday and Thursday 9:00am - 12:00pm	\$55.00 for 6 hours (Includes manual)	Lion's Den
Art History: From Monet to Van Gogh* New!!	Understand the history and impact of Impressionist Art . This 1 hour per week DVD lecture series by "The Teaching Company" is followed by a short discussion period.	September 14 to December 7 (cancelled October 12) or September 19 to December 12 (cancelled October 10)	Mondays 2:45pm - 4:00pm or Saturdays 10:30am - 11:45am	\$36.00 for 12 weeks	Lion's Den
Book Club*	Love to read? Join this fun group and discuss a different book each month. Books are provided by the Mississauga Central Library.	September 30 October 28 November 25	Wednesdays 10:00am - 11:30am	\$1.75 per visit Please sign up in advance.	Lion's Den
Gardener's Circle*	Planting your Spring Bulbs Fall Tour of Riverwood	September 9 October 14	Wednesdays 10:00am - 11:30am	\$2.00 per visit	Lion's Den
Introduction to Computers*	Want to learn how to work the computer? Shared computers. Must have a computer at home.	September 14 to October 5 November 16 to December 7	Mondays 1:30pm - 3:00pm	\$20.00 for 4 weeks. Limit 4 people	Library

Program	Description	Program Dates	Time/Day	Fee	Location
Introduction to Internet and Email*	Learn to surf the net and email your friends all over the world. Must have basic computer skills and a computer at home. Shared computers.	October 19 to November 9 November 4 to November 25	Mondays 1:30pm - 3:00pm Wednesdays 1:30pm - 3:00pm	\$20.00 for 4 weeks Limit 4 people	Library
Introduction to Digital Pictures* New!!	Learn how to download photos from your digital camera, email or the internet, plus how to organize and print them. Shared computers.	October 7 to October 28	Wednesdays 1:30pm - 3:00pm	\$20.00 for 4 weeks Limit 4 people	Library
Language For Newcomers New!!	Improve your English communication skills. Listening, speaking, reading and writing	Ongoing	Tuesdays and Thursdays 10:00am - 12:00pm	Free	2 Robert Speck Parkway suite 570
Pamper Yourself*	Enjoy a relaxing morning as you get a hand massage, facial and make-up tips from the Mary Kay experts.	November 13	Friday 9:00am - 12:00pm	\$10.00 includes light refreshments	Lion's Den
Sensible Living Speakers Series*	In Home Care HomeWell Senior Care Planning Your Move Red Coats Moving Solutions Working with Veteran's Affairs & CCAC Essentially You	September 16 October 21 November 25	Wednesdays 11:30am - 12:30pm	Free	Lion's Den
Touring China*	Have you always wanted to visit China? Nexus Holidays presents photos and info on a 23 day China tour.	September 22	Tuesday Starting at 1:00pm	\$1.75 includes refreshments	Lion's Den

Program	Description	Program Dates	Time/Day	Fee	Location
Computer Club (Andy)	Get tips on working with your email, the internet and other common problems.	Ongoing	Mondays 10:30am - Noon	\$1.50 per visit	Board Room
Creative Writing	Learn to write stories, memoirs and poetry.	Ongoing	Fridays 12:30pm - 2pm	\$2.25 per visit	Program Rm
Internet Café	Check your email or browse the internet.	Ongoing	Monday - Friday 9am - 4pm (as available)	Free	Library
Movie Matinee	The Notebook Last Chance Harvey Miss Pettigrew Lives For A Day Holiday Favourite (Vote for your choice)	September 3 October 7 November 4 December 2	Wednesdays Starting at 1:00pm	\$2.00 per visit (Includes Popcorn)	Lion's Den
Red Hat Society	Put on your red hat and purple clothes and join us for tea, trivia and fun.	September 22, October 27, November 24	Tuesdays 2:30pm - 3:30pm	\$2.75 per visit	Lion's Den
Travelogue	Explore exotic locations.	Ongoing	Mondays 1:30pm - 2:30pm	\$1.75 per visit	Lion's Den

ETHNO CULTURAL PROGRAMS

Ethno-Cultural Group	Time/Day	Contact Name	Contact Number
ALCE - Latin-America Art and Healing Group	Wednesdays 2:00pm - 4:00pm	Elsa Galan or Silvia Damar Radvansky	(905) 897-2495 (905) 822-9142
Caribbean Seniors Social Activities	Saturdays 12:00pm - 3:00pm	Cynthia Houston or Joyce Goldson	(905) 896-3765 (905) 804-8998
Chinese Golden Age Seniors	Sundays 1:00pm - 4:30pm	Leon Eng	(905) 507-2280
Elderly Vietnamese Seniors Association	Saturdays 12:45pm - 4:00pm	Anh Duong or Tho Tran (English)	(416) 888-1401 (416) 570-7987
Goan Cultural Group	Wednesdays 6:30pm - 9:00pm	Juliet Rebello	(905) 276-7890
Multicultural Asian Seniors	Wednesdays 12:30pm - 3:30pm	Gurmel Singh Gill	(905) 507-4839
Silayan Filipino Volunteer Group	Saturdays 1:00pm - 3:00pm	Rudy Bombase	(905) 874-6942

Program	Description	Program Dates	Time/Day	Fee	Location
Foot Care Clinic*	Foot treatment by a certified Chiroprapist. Book your appointment at the Administration Office.	September 30, November 18, January 13	Wednesdays 9:00am - 4:00pm	\$14.00 per person	Board Room
Information and Support* New!!	Do you need help but don't know where to find it? Meet with a qualified counsellor and receive the information and support that will make a world of difference. <i>Partnership with Family Services of Peel</i>	Ongoing	Fridays 9:30am - 12:30am	Free Book your <u>individual</u> appointment by contacting Lina (905) 615-3207	Board Room
Maximize Your Health* New!!	This program is for people with chronic health conditions. Learn how to live your life to the fullest! <i>Partnership with Trillium Health Centre and Halton Healthcare Services</i>	October 9 - November 13	Fridays 1:30pm - 4:00pm	Free Contact the Halton Health Services to register 905-845-2571 ext 5900	Lion's Den

HEALTH DROP-IN

Program	Description	Program Dates	Time/Day	Fee	Location
Empowering Adults 50+ New!! <i>Partnership with Family Services of Peel</i>	Caregiver Stress Support Services for Seniors Elder Abuse Grand parenting Coping with Investment Loss Depression	September 11 September 25 October 9 October 23 November 13 November 27	Fridays 1:30pm - 3:30pm	Free Group Session	Board Room
Flu Shot Clinic New!!	Receive your flu shot. <i>Provided by the Region of Peel public health nurses.</i>	November 18	Wednesday 3:30pm - 7:00pm	Free	Auditorium
Meditation and Self Empowerment	Connect your mind, body and spirit during this relaxing session.	Ongoing	Mondays 10:00am - 12:00pm	\$1.50 per visit	Lion's Den
T.O.P.S. Weight Loss Program	Learn strategies for weight loss.	Ongoing	Wednesdays 5:00pm - 6:00pm	\$2.00 per visit + \$30.00 yearly membership fee	Program Room

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CHINA Tour Presentation

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For RSVP



Nexus Holidays Toronto Inc.

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Page 20

TRAVEL

Fall 2009

Tickets must be purchased in advance at the Travel Office, Monday to Friday from 9:30am - 1:30pm. Guests are welcome and must be 50 years of age or older. Please advise if you have dietary concerns and we will try and accommodate you. All bus trips include gratuities and all taxes. Ticket holders should be at the Centre at least 20 minutes before the scheduled departure time, the bus will wait 5 minutes only for late comers. We will not be responsible for any changes to our original itinerary or delays due to uncontrollable circumstances or difficult weather. A minimum of 40 passengers is required for all trips. For more information, please call 905-615-3208.

Mohawk Racetrack and Chudleigh's Apple Farm

Tuesday, September 8th

Departure: 9:00am, Return to SQ1: 4:30pm - 5:00pm.

Ticket price: Members: \$30.00, Guests: \$35.00. Tickets on sale now.

Travel by coach to **Mohawk Racetrack** and receive a \$10.00 coin voucher at the Racetrack. After your three hour stay we will travel to **Chudleigh's Apple Farm** for lunch and a wagon ride in the orchards. ****Remember to bring your Winner's Circle Rewards card and Photo Identification in order to receive your \$10.00 coin voucher**.**

Stratford Festival**Thursday, September 10th**

Departure 9:00am, Return to SQ1: 6:00pm - 6:30pm.

Ticket price: Members: \$90.00, Guests: \$95.00. Tickets are on sale now.

Travel by coach bus to see **“A Funny Thing Happened on the way to the Forum”** at the Avon theatre. This funny musical comedy is set in ancient Rome. The slave, Pseudolus, yearns for freedom while his young master pines for the girl next door. In exchange for his freedom Pseudolus promises to find a way to unite the young lovers. Lunch on your own.

Casino Rama**Thursday, September 24th**

Departure: 8:30am, Return to SQ1: 5pm - 6pm.

Ticket price: Members: \$5.00, Guests: \$6.00. Tickets on sale now. **Please Note: No refunds.**

Includes a free buffet lunch. ****Remember to bring your Players Passport Card and valid Government issued Photo Identification in order to receive the free buffet lunch**.** Upon purchasing your ticket you will be eligible for a **Casino Rama Special: Bjorn Again** on Friday, September 18th. Please see the Travel Office for details.

Heights, Sights and Jackpot Lights**Tuesday, October 6th**

Departure: 9:00am, Return to SQ1: 5:30pm - 6:00pm. Ticket price: Members: \$30.00, Guests: \$35.00

Tickets will go on sale on Monday, August 17th.

See Toronto from a breathtaking new perspective and walk on The Glass Floor during your tour of the **World Famous CN Tower**. Lunch on your own. Next, it's off to **Woodbine Racetrack** for a 2 1/2 hour stay and receive a \$10 free slot play and gift. ****Remember to bring your Winner's Circle Rewards card and valid Government issued Photo Identification in order to receive your \$10.00 slot play voucher and gift**.**

Shirley's Mystery Tour**Tuesday, October 13th**

Departure: 9:00am, Return to SQ1: 6:00pm - 6:30pm.

Ticket price: Members: \$65.00, Guests: \$70.00. Tickets will go on sale Monday, August 17th.

Our destination is a surprise but here is one clue: **Something Old, Something New!****Casino Rama****Thursday, October 29th**

Departure: 8:30am, Return to SQ1: 5pm - 6pm. Ticket price: Members: \$5.00, Guests: \$6.00.

Tickets will go on sale Monday, September 14th. **No refunds unless the trip is sold out.**

Includes a free buffet lunch. ****Remember to bring your Players Passport Card and valid Government issued Photo Identification in order to receive the free buffet lunch**.**

Tickets must be purchased in advance at the Travel Office, Monday to Friday from 9:30am - 1:30pm. Guests are welcome and must be 50 years of age or older. Please advise if you have dietary concerns and we will try and accommodate you. All bus trips include gratuities and all taxes. Ticket holders should be at the Centre at least 20 minutes before the scheduled departure time, the bus will wait 5 minutes only for late comers. We will not be responsible for any changes to our original itinerary or delays due to uncontrollable circumstances or difficult weather. A minimum of 40 passengers is required for all trips. For more information, please call 905-615-3208.

ROM and Reels**Tuesday, November 10th**

Departure: 9:00am, Return to SQ1: 5:30pm - 6:00pm. Ticket price: Members: \$30.00, Guests: \$35.00
Tickets will go on sale Monday, September 21st.

A trip to the **Royal Ontario Museum** is like going around the world and back in time, all in the same day! Lunch on your own. Next, it's off to **Woodbine Racetrack** for a 2 1/2 hour stay and receive a \$10 free slot play and gift. **Remember to bring your Winner's Circle Rewards card and valid Government issued Photo Identification in order to receive your \$10.00 voucher and gift**.

Casino Rama**Thursday, November 26th**

Departure: 8:30am, Return to SQ1: 5pm - 6pm. Ticket price: Members: \$5.00, Guests: \$6.00.

Tickets will go on sale Monday, October 5th. **No refunds unless the trip is sold out.**

Includes a free buffet lunch. **Remember to bring your Players Passport Card and valid Government issued Photo Identification in order to receive the free buffet lunch**.

Geritol Follies Christmas Variety Show**Friday, December 4th**

Departure: 10:30am, Return to SQ1: 8:00pm - 8:30pm.

Ticket price: Members: \$85.00, Guests: \$90.00. (\$5.00 extra for those who are 65 years of age and younger). Tickets will go on sale Monday, September 14th.

We will start our day with a visit to **Springridge Farms** to enjoy coffee and muffins. You will also have the opportunity to visit the wonderful gift shop just brimming with home and garden accessories and unique gifts. Then we will head to Hamilton Place to enjoy an afternoon performance of the **Geritol Follies Christmas Variety Show**. This rip-roaring musical and comedy extravaganza features the music, dance and comedy of our times. We will enjoy dinner and a spectacular Christmas lights display at the **Mandarin restaurant in Brampton**, an award-winning all-you-can-eat Chinese-Canadian buffet. **Remember to bring your Government issued Photo Identification in order to provide proof of age, dinner is an extra \$5.00 for those who are 65 years of age and younger**.

Casino Rama**Tuesday, December 8th**

Departure: 8:30am, Return to SQ1: 5pm - 6pm. Ticket price: Members: \$2.00, Guests: \$3.00.

Tickets will go on sale Monday, October 5th. **Please note: No refunds.**

Includes a free buffet lunch. **Remember to bring your Players Passport Card and valid Government issued Photo Identification in order to receive the free buffet lunch**.



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Fall Swap

Thursday, September 17th

starting at 1:00pm

Get ready for this fabulous fall event!! Check your closet for those great outfits you never wear and swap them for something new! Bring in your outfits to Laura between August 17th and September 16th for your trade voucher. Donate purses, scarves and shoes for our accessory table. See the Admin Office for more details.

Tickets: \$5 members, \$7 guests 50+

**Indoor Walk-a-thon and
Continental Breakfast****Friday, October 23rd, 2009**

8:00am Registration

8:30am Warm-up

8:45am Indoor Walk

9:30am Continental Breakfast

Every walker who raises \$20.00 or more,
receives a free t-shirt, free continental breakfast
and a chance to win great prizes!
Walkers of ALL levels are welcome!

Event Sponsor:

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Christmas Gift Wrap Fundraiser

Saturday, December 5th to Thursday, December 24th

Monday to Saturday: 9:30am – 9:30pm

Sunday: 11:00am – 6:00pm

Have all of your Christmas gift wrapping done in the Square One Shopping Centre this holiday season and support our largest annual fundraiser.

We need you! Please see Karmela Buzdon if you are able to volunteer for gift wrap.

Do your Christmas Shopping with Us!

Gift Certificates: Square One Older Adult Centre gift certificates may be purchased for memberships and program registrations. Gift certificates make a great gift for friends and relatives.

Entertainment Books are available for Toronto and many cities across North America, starting in September.

Gift Cards/Certificates: Purchase your gift cards/certificates for a variety of stores monthly at our Centre. There are a variety of major retailers to choose from. Order Due Dates: Sept 25th, Oct 30th, and Nov 27th.

First Aid Kits:

Buy this great item for your family and friends. Orders are due Friday, October 23rd and will be available for pick-up after Wednesday, November 11th.

Pocket Kit - \$7

Household Kit - \$15

Car Kit - \$20

It's Your Choice Raffle: November 9th to 18th, in the lobby

Crafter's Club Show & Sale: November 23rd to November 26th, in the lobby

Christmas Raffle: November 30th to December 4th, in the lobby

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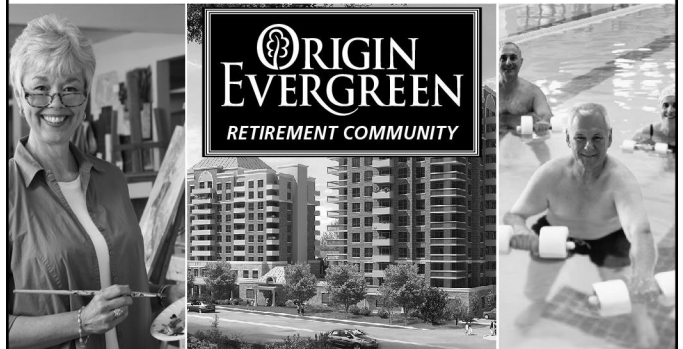
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The 34th Annual Lions Club Square One Farmers' Market

Friday, June 5th, 2009 to Sunday, November 1st, 2009

HOURS OF OPERATION: Fridays and Sundays: 8:00am - 5:00pm

Located at the North West Parking Lot behind Zellers at Square One Shopping Centre.

The market consists of more than 150 stalls providing top quality:

- Eggs/bread/cold meats
- Maple syrup, Honey
- Fresh flowers
- Fruits & Vegetables
- Home-made preserves and more!



For more information
please call
Manny, Market Chairman,
(647) 830-0216

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Thank you to the Seniors of Mississauga for making "A Taste of Amica" and our third annual "Amica at the Park" a huge success. Amica at City Centre continues to host wonderful gatherings for the senior community. If you missed these occasions and would like to visit our community, please join us for one of our upcoming complimentary events.

For more information, please call
Ann Brady at 905.803.8100

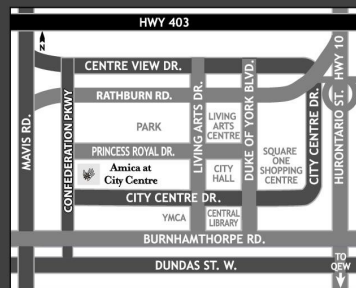
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Time: 2:00pm all shows

Tickets: \$10 members, \$12 guests, \$6 children 12 and under

Tickets can be purchased at the Administration Office. Cash or cheque acceptable.

Group ticket sales of 10 or more call (905) 615-3207 and ask for Lina

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Euchre Tournament

Tuesday, September 1st
1:00pm - 4:00pm

Join us for this fun and challenging tournament. Plenty of refreshments and lots of prizes!

Tickets: \$5 members, \$6 guests 50+

Sponsored by: Regency Retirement Residence

Toonie Bingo

Thursday September 10th
starting at 1:30pm

Enjoy snacks at your table and lots of door prizes during this special bingo.

Free jackpot card for all.

Tickets: \$2 members, \$3 guests 50+

Fall Fashion Show

Thursday, October 8th
1:30pm - 3:00pm

The cold weather is just around the corner! View the latest in fall fashions by Tan Jay and Alia presented by Sears Square One as you enjoy a delicious dessert.

Shop our Fifth Avenue Jewelry fundraiser.

Tickets:
\$6 members, \$7 guests 50+

Toonie Bingo

Tuesday, October 13th
starting at 1:30pm

Enjoy snacks at your table and lots of door prizes during this special bingo.

Free jackpot card for all.

Tickets: \$2 members, \$3 guests 50+

Diwali Celebration

Thursday, October 29th
starting at 1:00pm

Join us for this New Years' celebration of the Festival of Lights. Enjoy a Indian luncheon, music, a fashion show, dancing and more.

Tickets:
\$12 members, \$14 guests (all ages)

Dress up or cultural attire

Remember When

Wednesday, November 11th
10:30am - 12:00pm

Help us salute the brave men and women who have fought for our country. Sing along to the inspiring songs and enjoy stories that will lift your heart.

Tickets: \$4 members,
\$6 guests (all ages)

Wear red to support our troops!

Sponsored by: Erin Mills Lodge

Be Informed - Be Healthy

Drug Awareness & Older Adult Health

Tuesday, November 17th

1:30pm - 4:00pm

This **FREE** event includes:

- Panel presentation
- Interactive activities
- Displays by community agencies
- Refreshments
- Prizes and surprises!

Please pick up your free ticket at the Administration Office.
Presented by the Drug Awareness Week Planning Committee

International Lunch

Tuesday, December 1st
starting at 12:30pm

This fabulous luncheon and art show is hosted by our Ethno Cultural groups and features various international foods and entertainment.

This event sells out every year.

Tickets: \$10.00 **members only**

Dress up or cultural attire

*Sponsored by:
Revera Retirement Living*

Christmas Lunch and Dance

Friday, December 11th
starting at 1:00pm

Celebrate the season with a turkey dinner and all the trimmings and then enjoy live dance music with Phyllis Styles and The Stylistics.

Tickets: \$20 members,
\$22 guests 50+
Dress up event

*Sponsored by:
Revera Retirement Living*

New Member Social

Wednesday, December 16th
1:30pm - 3:00pm

New and potential members are encouraged to attend this afternoon to learn about our programs, special events and bus trips. Free admission and light refreshments. Please pick up your ticket at the Administration Office.

Christmas Music

Thursday, December 17th
starting at 1:30pm

Sing along to your favourite Christmas songs, take part in the nativity pageant, then enjoy hot apple cider and cookies.

Tickets:
\$4 members,
\$5 guests (all ages)



New Year's Eve Party

Thursday, December 31st from 1:00pm - 5:00pm

Celebrate the New Year in style! Line dance and ballroom dance, socialize with friends, and enjoy wine, hors d'oeuvres and desserts. Dress up event

Tickets: \$12 members, \$14 guests 50+

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Friday, January 1st
starting at 7pm

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AUGUST

Wednesday, August 19th: Registration for Fall programs starts

Wednesday, August 19th: Identity Theft presentation from 11:30am - 12:30pm

Monday, August 24th: New Members Social from 1:30pm - 3:30pm

Thursday, August 27th: Casino Rama bus trip, departing at 8:30am

SEPTEMBER

Entertainment Books on sale starting in Sept

Tuesday, September 1st: Annual Euchre Tournament from 1:00pm - 4:00pm

Monday, September 7th: the Centre is closed

Tuesday, September 8th: Mohawk Racetrack and Apple farm bus trip, departing at 9:00am

Thursday, September 10th: Stratford Festival bus trip, departing at 9:00am

Thursday, September 10th: Toonie Bingo starting at 1:30pm

Thursday, September 17th: Fall Swap, starting at 1:00pm

Thursday, September 24th: Casino Rama bus trip, departing at 8:30am

Friday, Sept 25: Gift Cards/Certificates orders due

OCTOBER

Thursday, October 1st: Our Greatest Hits, 2:00pm

Friday, October 2nd: Our Greatest Hits, starting at 2:00pm

Sunday, October 4th: Our Greatest Hits, starting at 2:00pm

Tuesday, October 6th: Heights, Sights and Jackpot Lights bus trip, departing at 9:00am

Thursday, October 8th: Fall Fashion Show from 1:30pm - 3:00pm

Monday, October 12th: the Centre is closed

Tuesday, October 13th: Toonie Bingo starting at 1:30pm

Tuesday, October 13th: Shirley's Mystery Tour bus trip, departing at 9:00am

Friday, October 23rd: Walk-a-Thon, starting at 8am

Friday, October 23rd: First Aid Kits orders due

Thursday, October 29th: Casino Rama bus trip, departing at 8:30am

Thursday, October 29th: Diwali Celebration starting at 1:00pm

Friday, October 30th: Gift Cards/Certificates orders due

NOVEMBER

Friday, November 6th: Cirque Du Soleil "OVO" bus trip, departing at Noon

November 9th - 18h: It's Your Choice Raffle

Tuesday, November 10th: ROM and Reels bus trip, departing at 9:00am

Wednesday, November 11th: Remember When from 10:30am - 12:00pm

Tuesday, November 17th: Drug Workshop from 1:30pm - 4:00pm

Wednesday, November 18th: Flu Clinic from 3:30pm - 7:00pm

November 23rd - November 26th: Crafter's Club Show and Sale

Thursday, November 26th: Casino Rama bus trip, departing at 8:30am

Friday, November 27th: Gift Cards/Certificates orders due

November 30th - December 4th: Christmas Raffle

DECEMBER

Tuesday, December 1st: International Lunch starting at 12:30pm

Tuesday, December 1st: 2010 Memberships on sale

Friday, Dec 4th: Geritol Follies Christmas Variety Show bus trip, departing at 10:30am

December 5th - December 24th: Christmas Gift Wrap Fundraiser in the Mall

Monday, December 7th: Winter Brochure arrives at the Centre

Tuesday, December 8th: Casino Rama bus trip, departing at 8:30am

Wednesday, December 9th: Registration for Winter programs starts

Friday, December 11th: Christmas Lunch and Dance starting at 1:00pm

Wednesday, December 16th: New Member Social from 1:30pm - 3:00pm

Thursday, December 17th: Christmas Music starting at 1:30pm

Thursday, December 24th: the Centre is closed

Friday, December 25th: the Centre is closed

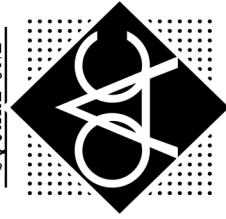
Thursday, December 31st: New Year's Eve Party from 1:00pm - 5:00pm

JANUARY

Friday, January 1st: the Centre is closed

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Table Tennis 1:00pm - 5:00pm	Co-Ed Fitness Class 9:15am - 10:15am	Tai Chi - Intermediate 9:15am - 10:15am	Mail Walkers 8am Warm-up Foot Care* 9am - 4pm (Sept 30, Nov 18)	Bunka Embroidery 9:00am - 12:00pm (starting Sept 10)	Pamper Yourself* 9:00am - 12:00pm (Nov 13)	Co-Ed Fitness Class 9:15am - 10:15am
Breathing Exercise 1:00pm - 2:00pm	Canasta 10:00am - 12:30pm	Urban Pole Walking 9:15am - 10:15am until Oct 27	Line Dance - Beginner 9am - 10am	55 Alive Driving Training* 9:00am - 12:00pm (Oct 7 & Oct 8)	Information and Support* 9:30am - 12:30pm	Table Tennis 10:30am - 12:30pm
Brush Painting 1:00pm - 5:00pm	Meditation and Self-empowerment 10:00am - 12:00pm	On The Ball* 9:15am - 10:15am (Nov 3 - Dec 1)	55 Alive Driving Training* 9:00am - 12:00pm (Oct 7 & Oct 8)	Co-Ed Fitness Class 9:15am - 10:15am	Co-Ed Fitness Class 9:30am - 10:30am	Art History: From Monet to Van Gogh* 10:30am - 11:45am (Sept 19 - Dec 12)
Peking Opera 1:00pm - 5:00pm	Line Dance Beginner 10:00am - 12:00pm	Painting with Watercolours* 9:30am - 11:30am (Sept 22 - Nov 24)	Table Tennis 10:00am - 12:00pm	Contract Bridge Intermediate Beginner 10:00am - 12:00pm	Table Tennis 10:00am - 12:00pm	<i>Caribbean Seniors Social Activities 12:00pm - 3:00pm contact Cynthia Houston (905) 896-3765 or Joyce Goldson (905) 804- 8998</i>
Chinese Aerobics 2:00pm - 3:00pm	Computer Club 10:30am - 12:00pm	Chair-exercise 10:30am - 11:30am	Book Club* 10:00am - 11:30am (Sept 30, Oct 28, Nov 25)	Line Dance - Intermediate 10:00am - 12:00pm	Dominoes 10:00am - 12:00pm	<i>Elderly Vietnamese Seniors Association 12:45pm - 4:00pm contact Anh Duong (905) 888-1401 or Tho Tran(English) (416) 570- 7987</i>
Line Dancing 3:00pm - 4:30pm	Wii Bowling 11:35am - 12:15pm	Tai Chi Beginner Level One * 10:30am - 11:30am (Sept 22 - Nov 24)	Gardener's Circle* 10am - 11:30am (Sept 9, Oct 14)	Line Dance - Beginner 10:30am - 11:30am	Chess 10:00am - 2:00pm	
<i>All Sunday programs hosted by Chinese Golden Age Seniors contact Leon Eng (905) 507-2280</i>	Travelogue 1:30pm - 2:30pm	Kurling 11:35am - 12:15pm	Sensible Living Speakers Series* 11:30am - 12:30pm (Sept 16, Oct 21, Nov 25)	Line Dance - Intermediate 11:45am - 12:45am	Line Dance - Intermediate 10:45am - 12:15pm	
	Bingo 1:30pm - 3pm	Wii Bowling 11:35am - 12:15pm	<i>Card Games 12:30pm - 3:30pm Hosted by Multicultural Asian Seniors contact Gurnel Gill (905) 507-4839</i>	Contract Bridge 1:00pm - 4:00pm	Creative Writing 12:30pm - 2:00pm	
	Gin Rummy 1:30pm - 3:30pm	Line Dance Basics* 11:45am - 12:45pm (Sept 22 - Oct 20)	Movie Matinee starting at 1:00pm (Sept 3, Oct 7, Nov 4, Dec 2)	Cribbage 1:00pm - 3:00pm	Salsa Dancing* 12:30pm - 2:00pm (Oct 9 - Nov 27)	
	Intro to Computers* 1:30pm - 3:00pm (Sept 14 - Oct 5)	Tattooing* 12pm - 2pm (Oct 6 - Oct 27)	Bingo 1:30pm - 3:00pm (Oct 6 - Oct 27)	Tap Dancing* 1:00pm - 2:00pm (Oct 15 - Dec 10)	Maximize Your Health* 1:30pm - 4:00pm (Oct 9 - Nov 13)	Centre Hours Mon. to Fri. 8:30am - 4:30pm Saturday 9:00am - 4:00pm
	Intro to Internet & Email* 1:30pm - 3:00pm (Oct 19 - Nov 9)	Craft Workshops 12:00pm - 2:00pm (starting Oct 6)	Intro to Internet & Email* 1:30pm - 3pm (Nov 4 - Nov 25)	Jazz Dancing 1* 2:00pm - 3:00pm (Oct 15 - Dec 10)	Empowering Adults 50+ 1:30pm - 3:30pm (Sept 11, Sept 25, Oct 9, Oct 23, Nov 13, Nov 27)	
	Art History: From Monet to Van Gogh* 2:45pm - 4pm (Sept 14 - Dec 7)	Crafter's Club 12:00pm - 2:00pm (Oct 6 - Nov 17)	Intro to Digital Pictures* 1:30pm - 3pm (Oct 7 - Oct 28)	Exercise Bike is available Mon. - Fri. 9:00am - 4:00pm	Line Dance - Intermediate Beginner 2:15pm - 3:15pm	
		Hawaiian Dancing* 1:00pm - 2:00pm (Sept 22 - Nov 24)	<i>ALCE - Latin-America Art and Healing Group 2:00pm - 4:00pm contact Elsa Galan (905) 897-2495 or Silvia Damar Radvansky (905) 822-9142</i>	Jazz Dance 2 Performance* 2:00pm - 3:30pm (Oct 15 - Dec 10)	Line Dance - Intermediate 3:15pm - 4:15pm	
		Euchre 1pm - 3pm	Flu Shot Clinic* 3:30pm - 7:00pm (Nov 18)			
		Touring China* starting at 1pm (Sept 22)	Belly Dancing Beg.: 3:30pm - 4:30pm, Performance: 4:30pm - 6:00pm			
		Yoga* 2:15pm - 3:45pm (Oct 6 - Nov 24)	TOPS Weight Loss Program 5:00pm - 6:00pm			
		Red Hat Society 2:30pm - 3:30pm (Sept 22, Oct 27, Nov 24)	<i>Goan Cultural Group 6:30pm - 9:00pm contact Juliet Rebello (905) 276-7890</i>			
	Internet Café Mon. - Fri. 9:00am - 4:00pm as available					

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