



100 City Centre  
Drive P.O. Box 2214  
Mississauga, ON  
L5B 2C9  
(905) 615-3207  
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 1

### SENIORS WELLNESS SERVICES UPDATES

Participants are needed for a **Vitamin D Study** being conducted by U of T and Sheridan. The study will be running in the Boardroom from April 16th - May 17th. For more information please contact Jaime at 905-845-9430 ext 2226.

Free **Information and Support counseling services** will resume with a new counselor on Friday, May 4th. Book your appointment by contacting (905) 615-3207 ext 107.

Shiatsu Academy students will be providing **free 15-minute chair shiatsu massages** on Friday, May 25th in the Centre lobby. Appointments are not necessary.

Mobile Hair and Spa Services will be providing **\$10 haircuts** on Tuesday, May 29th from Noon - 4:00pm in the Boardroom. Appointments can be made at the Administration Office.

In June the free **Circle of Friends group** will be changing its meeting dates and times to Thursday, June 7th and June 21st from 10:00am - Noon in the Lion's Den.

Interviews were recently conducted to fill the newly-created position of **Manager, Resource Development** with the Square One Seniors Wellness Services. Expect an announcement in our upcoming Summer brochure.

### 2011/2012 BOARD OF DIRECTORS AND STAFF

- Esther Williams - President
- Alice Dods - Vice President
- Robert Lomon - Controller
- Charlotte Fitz-Andrews - Director, Administration and Secretary
- Manuel Castellino - Director, Facilities
- Linda Keen-Lausberg - Director, Marketing
- Tessie Buena - Director, Programs and Cafeteria
- Juliet Rebello - Director, Travel
- Jean Michaels - Director, Volunteers
- Judy Willson - Director at Large
- Frank Dale - Ex-officio Director, Ward 4 Councillor, City of Mississauga
- Claire Santamaria - Ex-Officio Director, Square One Shopping Centre
- Wendy Murdock - Ex-Officio Director, City of Mississauga

- 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
- Joan Crews  
Saturday Receptionist
- Genni Iwanski  
Saturday Receptionist



# SQUARE ONE OLDER ADULT CENTRE MEMBERS' NEWS

## VOLUME 13, ISSUE 1

### SPRING HAS INDEED SPRUNG!

This year we celebrate 20 years of "enhancing lives". Every member experiences the Older Adult Centre in a unique way. Your Board of Directors invites you to **share your views and experiences** - including the humorous ones - about SOOAC, for example: "Why do you enjoy coming to the Centre?", "What does the Centre mean to you?" or "Why do you remain a member?". Your statements and testimonies will be used in a variety of ways to promote your Centre, including displaying them in the auditorium during our 20th Anniversary gala and in promotional materials (such as our brochures); one sentence, one paragraph, one page - whatever moves you. Please submit your testimonies in writing to our President Esther Williams by May 25th in care of the SOOAC Administration Office. You may wish to sign your name or remain anonymous - it is completely up to you!\*

At the end of March we were thrilled to host our 4th successful **Seniors Information and Active Living Fair** at the Centre. Over 600 individuals attended the two-day event and were treated to nutritious refreshments, excellent presentations, numerous health clinics, and had the chance to speak with representatives at over 45 vendor and non-for-profit booths each day. It was our largest Fair ever, and we thank our many members for their sup-

port of this great annual initiative.

It's Springtime our annual **Tree of Sharing** campaign is blooming! Running from April 26th until June 21st, this campaign offers our members an opportunity to remember friends and family, especially those whom we don't see every day, through the purchase of a flower in their honour. Please complete the enclosed lilac insert and "get growing"!

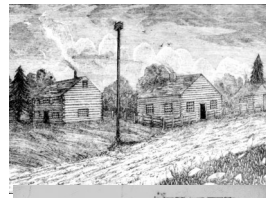
Highlights of our June 28th **Annual General Meetings** can be found on an enclosed newsletter insert. It includes the day's Programs as well as a nomination form for the various available positions on our Boards of Directors. Please consider using your considerable skills and expertise as a Director in order to promote the growth and well-being of your Centre and Square One Seniors Wellness Services.

Finally, given that National Volunteer Week across Canada has just passed, we would be remiss if we did not take a moment to whole-heartedly thank our organizations' **189 volunteers** for their generosity of time, talent and spirit!

Best wishes,  
Esther Williams  
President

Linda Salb  
Executive Director

(\*The information collected will be used only for the purposes stated.)



Learn about the landmarks and history of our wonderful City on a Heritage bus tour of Mississauga on Thurs, May 17th. Bus trip includes a buffet lunch. \$50/member, \$55/guest.



## PROGRAM COORDINATOR UPDATE

Spring is here! We've some great events and fundraisers coming up in the next few months.

On April 26<sup>th</sup>, Globus will be here to talk about a new Centre trip planned for this **October to Historic Greece**. Highlights of the trip include Athens, Delphi, Olympia, Mycenae and more. A cruise to Mykonos, Crete, Rhodes and Istanbul is also available as a trip extension. Please see Laura or join us in the Lion's Den at 11:00am.

Be sure to stop by April 30<sup>th</sup> to May 4<sup>th</sup> to pick up some bling at our **All That Glitters Jewelry Sale**.

On May 4<sup>th</sup> at our fabulous **Beyond Ballroom event**, Anna Nina and her new partner Christian will wow us with 11 demonstration dances. You can participate in the team dances, enjoy hors d'oeuvres and desserts, then dance the night away with Marilyn Pitt. Buy your ticket early as the event sells out every year!

~ Laura Surman

## MISSISSAUGA WEST UPDATE

The Mississauga West site (Meadowvale) is booming, and is now starting its second year of operations. To date Mississauga West's **membership is 78** and climbing! Our site has expanded its activities and now offers additional programs in toning, Spanish, and basic and intermediate computer skills, as well as our regular programming. We're also pleased to offer a

**social coffee hour** after each class for our members to catch up on events/bus trips and make new friends. We encourage you to take advantage of the Mississauga West site, and enjoy the many things we have to offer. Please drop by our **President's Tea/ Strawberry Social** on June 5<sup>th</sup> and our **2nd Annual Garage Sale** on June 23<sup>rd</sup>. ~ Ann Langdon

## UPCOMING BUS TRIPS

**Shirley's Mystery Bus Trip**  
August 13th  
Where shall we go - only Shirley knows?  
Members \$95, Guests: \$100  
On Sale: May 14th

**"To London We Go!"**  
November 8th  
Tour Grand Theatre backstage, afternoon performance of Calendar Girls and dinner.  
On Sale: August 14th

## 2011-2012 TEAM OF VOLUNTEERS

**Celebrating 15 years of Volunteer Service**  
Betty Pottinger

**Celebrating 10 years of Volunteer Service**

Farida Alexander	Lita Barbaza
Jacqueline Crawford	Madeleine Durkin
Margaret Harrison	Barbara Michalczyk
Vi Waller	

**Celebrating 5 years of Volunteer Service**

Elizabeth Cole	Marie D'Costa	Francis Fernandes
Judy Leduc	Hilda Lobo	Laura Luis
Caryl Parsons	Kundan Patel	Jose Picardo
Irene Radomski	Pamela Rambharack	
Joyce Stover	Judy Willson	

**Lifetime Membership**

Leon Eng	Gurmel Singh Gill
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"We celebrated, honoured and gave thanks to our team of volunteers on April 12th."  
Karmela & Jean

Carassauga: Mississauga's Festival of Cultures May 25,26,27 2012

### TRY FOODS OF THE WORLD AT CARASSAUGA NEW THIS YEAR—TOONIE TASTE !!

Ackee, Baccalhau, Baklava, Beaver Tails, Cevape, Gozleme, Gulab Jamun, Hapa, Jerk, Hummus, Kebob, Kielbasa, Kulfi, Mezes, Marzipan



Ono Ono, Pakoras, Pastel De Nata, Pierogi, Poutine, Raki, Roshgola, Sarma, Shish Kabob, Shondesh, Spanokopita, Tandoori, Wasabi

*The Toonie Taste is a small taster plate - an authentic ethnic dish for only a Toonie! Cooking demonstrations teach how to make your favourites.*

### MAKE THIS THE YEAR YOU COME TO CARASSAUGA

Visit 60 countries at 26 Pavilions in 12 locations around Mississauga. **PASSPORTS ONLY \$10.00**

(Remember that a portion of the proceeds benefit Square One Older Adult Centre).

## 20th Anniversary Logo Items



\$38.00



\$8.00



\$1.50

On sale 'til December 31st