

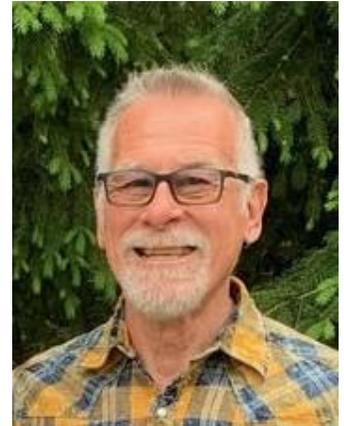


Pine Line

Pine Meadows Community Newsletter

January 2025

As I reflect on the past year 2024, I am amazed at how many good things happened throughout the year in our Pine Meadows Community. Some of my favourites include Koffee Klatch, Happy Hour, the annual car rally, the Christmas tree lighting, end of month dinners, aquafit/water aerobics, wood carving (not me personally), and the friendliness of the many residents I continue to meet to name a few. I am sure you have memories of your own to ponder from time to time, which brings me to the topic of “memory” as seniors living in a retirement community. Let me share a few thoughts on memory as we age...and memory loss, a topic we all would like to avoid, but is inevitable with age.



Memory loss is known medically as **Anosognosia** from the Greek language, a neurological condition. It affects anyone not aware of their mental or physical health illness, also known as ‘lack of insight’ or ‘denial of deficit’. The French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer’s Disease (IMMA) at his Paris hospital addresses the subject in a rather reassuring way-- **“If anyone is aware of their memory problems, they DO NOT have Alzheimer’s.”**

It often happens in people 60 years and older that they complain about a lack of memory. According to Dubois, **“The information is always in the brain. It is the “processor” that is lacking.”** Half of people 60 and older have some symptoms that are due to age rather than disease. The most common cases are:

1. Forgetting the name of a person, maybe a family member,
2. Going to a room and not remembering why we were going there,
3. A blank memory for a movie title or actor,
4. A waste of time searching where we left our glasses or keys.

After 60 years most people have such a struggle at some point, which indicates that it is not a disease, but rather a characteristic due to the passage of years. Many people are concerned about these oversights, hence, the importance of the following statements:

1. Those who are conscious of being forgetful have no serious problem of memory.
2. Those who suffer from a memory illness or Alzheimer’s are not aware of what is happening.

Professor Dubois reassures most people concerned about their oversights that, **“The more we complain about memory loss, the less likely we are to suffer from memory sickness.”**

There you have it in a nutshell. It may sound rather clinical, as the complexity of all our memories are varied and unique to each of us. I hope that you have more pleasant memories of the years that have lapsed than unpleasant ones. As we venture into the New Year 2025, let us keep our memories and our memory as sharp as possible perhaps through games, exercise, community involvement, reading, eating well, or whatever it takes to remain from being idle. My wish for everyone at Pine Meadows is good health, happiness-- even joyfulness, and prosperity in 2025. Keep smiling...

Chris Rynberk, President PMHA

email: rynberkc@gmail.com

Cards Cards Cards

For card requests, please contact: Kathryn Dancey 519-843-5216
Marni Henry at 226-486-2432

Maintenance Cost Review Committee (MCRC)

Barry Wood, Recording Secretary

With low lawn care charges and no snow clearance charges for November and fall cleanup completed before the end of the month, the good news continues with our monthly costs still below our monthly fees. We can only hope the recent snowfalls will not reverse this latest trend with high snow clearance costs.

The maintenance cost report for November, 2024 has been posted in the Boardroom for you to review. In addition, it has also been posted on the Pine Meadows Homeowners Association (PMHA) website. This report, prepared by the management of Pine Meadows Retirement Community Limited, shows all expense items, revenue items, costs per home per month and many other details.

Please take a moment to look at the report and, if you have any questions, you can contact Nancy Ottewell, the MCRC chair, by email at nottewell@gmail.com and she will be more than pleased to research your questions or you can contact any of the MCRC members.

Display Case

Joyce Giddings

Wow! Where does the time go? Seems like only yesterday I was planning the display case for 2024. And now it is time to do it for 2025.

Some of the highlights, for me anyway, in 2024, were the Christmas Gnomes, the Ladies' Group fall decorations, Chris and Howard's rocks and minerals display, sheep, birds and our back-to-school memories.

Some of the themes on tap for 2025 will be "Love is in The Air" for February, Dogs of Pine Meadows, wood working, South American memorabilia, bees and monarch butterflies.

If you have any ideas or collectibles along these lines or any others you would like to share, please contact me at: 519 843-6244 or joycegiddings1@gmail.com.

All the best for 2025.

Pine Meadows Ladies Group

Lois MacPherson



Happy Holidays to all and all the best for 2025

As I write this letter plans have not been finalized for our January meetings. Plans are in the works for sessions doing Swedish Weaving with Evelyn Goodfellow, and card making with Elke Lingen. Please watch the bulletin board for information about our meetings. As always ladies of Pine Meadows are welcome to join us every Monday to socialize, share and learn and enjoy a 'cuppa' and goodies.

One date has been finalized, that is the last Monday of the month. Starting January 27 we will be having a Purge Day. You are welcome to bring any items that you no longer want, and that someone else might want, and we will be providing that opportunity. Items left over will be either returned to the owner or donated to "New to You". We hope to make this a regular event.

During 2024 we in the Ladies Group purged many of the items in the 'Craft Room'. Items kept were reorganized and are still in the room. Among the items that were in the cupboards were the minutes, financial records, notes, and other paper information that had accumulated over the 31 years of our group's existence. This information is in the process of being reviewed and organized in a binder which will be kept in the Craft Room when updated.

Some of the information that might be of interest to members of our community are the following amounts of donations that the ladies have donated during that time.

Donations made to Pine Meadows community for the purchase of furniture, kitchen items, other furnishings: \$ 20,715

Donations of money to community charities and organizations: \$22,700

Donations to Groves Hospital, independent of the PMHA amounts: \$32,950

Ladies Billiards

Elizabeth White

Calling all ladies! It is time to come our and play billiards on Thursday at 2 pm.

Never played? Not to worry, we will teach you.

We do have a good time with lots of laughs and chatter.

Drop by and give it a try, you may like it.

Koffee Klatch

Jackie Piercey

Unfortunately, I have not received confirmations of any of the invitations sent out as of now. Therefore, I will post the schedule on the bulletin board as soon as I have it completed. My apologies.

Social Committee Update

Chris Larsen

Tree Lighting Nov 29, 2024



120 residents and guests attended the 2024 Tree Lighting Ceremony sponsored by the Social Committee. Hot hors d'oeuvres, crackers, cheese, pickles, olives, fresh fruit, and desserts were served along with free Red and White Wine, Beer, and Hot apple cider.

Social Committee Chair, Chris Larsen welcomed everyone and introduced the Committee Members. The PMHA President, Chris Rynberk introduced the Board Members and all new residents since last year's event. He also called on the youngest attendee Margaret (Jane Longo's granddaughter) to light the Christmas Tree. There were lots of Oohs and Ahhs when the lights came on.

Entertainment was provided by the PM Singers (Robert King, John Campbell, Grant Swift, Karren Sorensen, Lee and Craig Howard, Chris Rynberk and Doug Wilson) led by Anne-Thompson King. A wonderful selection of classics and modern carols were sung along with an interactive reading of *'Twas the Night Before Christmas*. Christmas Trivia was led by Cathy Keen with prizes for highest score going to a team from the PM Singers. This was followed by a performance of Jingle Bells by the PM Singers and the audience to welcome Santa Claus and his elf, thanks to Clyde Henry and Cathy Keen. Santa greeted everyone as his elf handed out chocolate kisses and candy canes to the guests. Door prizes were won by Lorrii Kelp, Cathy Keen, Judy Busch and Carl Severin.



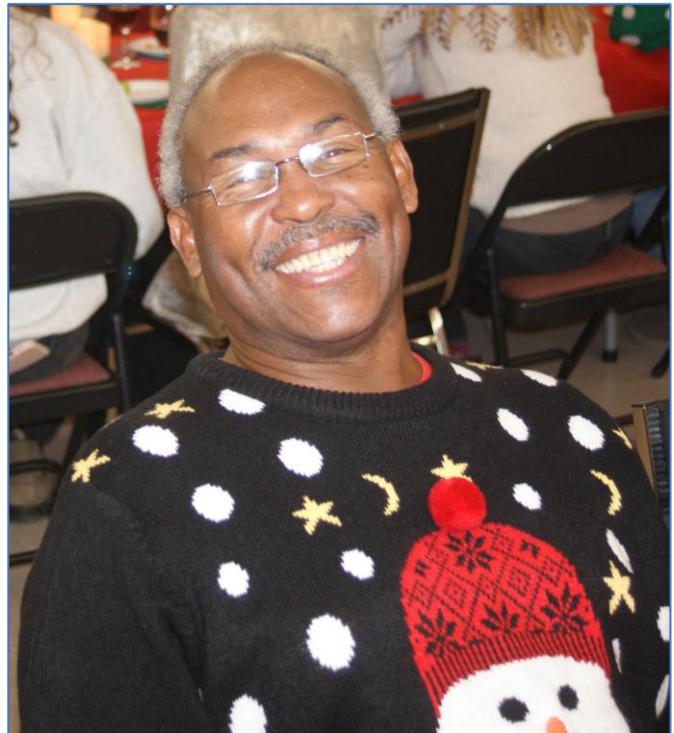


Everyone had a great time socializing with neighbours and friends and enjoying complimentary snacks and drinks. Thanks to Shon Sorensen and John Barr for a great AV program.

Merry Christmas to all that were able to come out and those that were not able to join us. *Kudo's to the Social Committee and volunteers for the fantastic decorations which helped enhance the spirit of the Holidays.*

The Social Committee thanks you for your patronage of our events in 2024 and looks forward to a exciting program for 2025. Thanks, also for over 300 pounds of food donated for the Center Wellington Food Bank and the gifts and \$1500 in gift cards for teens in the area for the Salvation Army. Special thanks to Koffee Klatch for a donation of \$150 in gift cards.

Diane & Chris Larsen, JoAnne & Reg Black, Judy & Ken Busch, Janice Gagne, Cathy Keen, Debbi & Larry Pope, Karen Hampton, Ted White, Bonnie Tétrault, Terry Favrin, Helen Waring, Carole Rosinski.





Xmas Bingo

The Xmas Bingo was held on Dec 9th with 40 people enjoying Xmas candies, chips and popcorn. The winners of the regular Bingo games were Janice Hunwicks (3 times), Peggy Barton, John Campbell, Joanne Alexander, Terry Favrin, Ted White, Elizabeth White, Merle Arthurs, Cathy Keen, Carol Rosinski, Sylvia Lawson, Penny Curtis and Bonnie Tetrault. The Jackpot was shared by Kathy Perry, Wayne Douglas and Jack Webster. The Share the Wealth of \$120 was taken home by Bonnie Bottomley, Ian Marr and John Campbell.

Merry Christmas to all.

The next event is the New Years Eve Gala which will be reported on in the February edition of the Pine Line.

????????? 2025 Social Committee Program ??????????

We have put into your mailbox a copy of the regular monthly program for 2025 Social Committee Events. The first event Of 2025 will be Court Whist 7pm on January 13th.

We have also decided to set up some outside the gate excursions for 2025. The program will depend on your feedback, costs and our ability to organize these excursions. Here are some of the ideas that we have come up with at our recent Committee meeting.

“Day at the Races, Grand River Cruise, Wine tour, Theatre/Shopping Bus Trip (Stratford or Niagara on the Lake, Collingwood Boat Tour, Medieval Times, Nashville Grand Old Opry Bus Trip. “

We would like to get your feedback on any trips in which you would like to participate. We are not looking for a commitment but ideas. Please give your feedback to anyone on the Committee or send an email to pmsocialcommittee2025@gmail.com

Aimez-Vous Parlez Francais?

How would you like to try something new and a little bit fun? The Pine Meadows French Connection is a small group of residents who get together every week for an hour to practice our conversational French. The group has a varying range of comfort and familiarity with speaking French. We try to build our vocabularies and keep our skills (and confidence) up in a pleasant and supportive environment.

If you can converse in French and want to stay in practice, we welcome you to join us on Sunday mornings at 11:00 for an hour. For more information, contact Avon Giddings, 121 Bristlecone Court, 647-967-2111, or avongiddings@gmail.com.





Birthdays and Anniversaries for January

The following are the names of Pine Meadows residents who are celebrating either a birthday or anniversary the month of January.

<i>Birthdays</i>		<i>Anniversaries:</i>	
Janice Hunwicks	January 1	Clyde and Marni Henry	January 15
Nancy Webb	January 1	Norm and Nacy Webb	January 19
Ken Busch	January 2		
Maureen Byan	January 4		
Anne Marie Hirons	January 5		
Ted Muehlbacher	January 7		
Gabrielle Filce	January 9		
Marleen Kingma	January 9		
Dave Favrin	January 12		
Norm MacDonald	January 15		
Tom Jansen	January 19		
Joan Raynor	January 21		
Nancy Ottewell	January 21		
Elaine Hannah	January 25		
Sue Dalton	January 25		
Anne Burns	January 25		
Don Vallery	January 26		
Chuck McCormick	January 26		
Cathy Clendening	January 31		

Congratulations Everyone!

To have birthdays and anniversaries noted in the Pine Line each month and announced at Koffee Klatch, please send your info to Jackie Piercey. Her contact info is (piercey.jackie@gmail.com) or call 905-703-0372 and she will update her list.



The Pine Line

The Pine Line is the monthly newsletter of Pine Meadows residents and is produced for the Pine Meadows Homeowners' Association by the Pine Line Team which currently consists of:

Coordinators/Editors: Linda Webster and Perry Adams.

Pine Line Committee Members: Anne Chery, Joyce Giddings, Heather Denomy, Myra Manning, Grant Swift and Nancy Ottewell.

The submission deadline for the December issue, is the 14th of the month. The deadline for the remainder of the months is the 21st. While a high priority is to include all submissions, space requires that some submissions be omitted, or delayed to a future edition of The Pine Line



Pine Meadows Homeowners' Association – Events Calendar



JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 KK	9	10	11
12	13 7pm Court Whist	14	15 KK	16	17	18
19	20	21	22 KK	23	24	25
26	27	28	29 KK	30	31	
	Safety/Security Avon Giddigs	Open Swim & Children Allowed Pool hours: 2:30 - 6:00 p.m. daily (4:00 – 6:00 pm on Thursdays)		Reservations & Kitchen Committee - Heather Waring		
11:00 French Club	8:30 Walk for Fitness 9:00 Water Aerobics 9:00 Wood Carving 10:00 Water Aerobics 11:30 SMART Program 12:00 Billiards – Men 1:00 Men's Aquafit 1:30 Ladies Group 7:00 Billiards – Men	9:00 Water Aerobics 10:00 Tai Chi 10:00 Water Aerobics 11:15 Pool Volleyball 1:00 Billiards – Men 1:00 Men's Aquafit 1:30 Bridge 7:00 Mixed Darts 7:00 Poker	8:30 Water Aerobics 9:30 Koffee Klatch 11:30 SMART Program 1:00 Men's Aquafit 7:00 Euchre (2 nd and 4 th Wednesday) Bid Euchre (1 st , 3 rd and 5 th Wednesday)	9:00 Water Aerobics 9:30 ROMEOS 10:00 Water Aerobics 11:15 Pool Volleyball 1:00 Men's Aquafit 2:00 Ladies Billiards Line Dancing 1:30 Beginners 2:00 All dancers 2:00 – 4:00 pm Pool Cleaning	8:30 Walk for Fitness 9:00 Water Aerobics 10:00 Bridge 10:00 Water Aerobics 11:30 SMART Program 12:00 Billiards – Men 1:00 Men's Aquafit 1:00 Cribbage 4:00 Happy Hour	7:00 Mixed Billiards