

# HANOVER AGE-FRIENDLY CONNECTIONS

## AGE-FRIENDLY COMMUNITY WELCOME

The Town of Hanover and the Age-Friendly Advisory Committee would like to welcome you to the 5<sup>th</sup> edition of our monthly newsletter “Hanover Age-Friendly Connections”. This new initiative is supported by the Ontario Government, Ministry for Seniors and Accessibility through Seniors Active Living Centre (SALC) funding. The monthly newsletter will contain information, activities and special events pertaining to older adults in our community. For more information on SALC Programs and the Age-Friendly Advisory Committee visit [www.hanover.ca/our-community/age-friendly-hanover](http://www.hanover.ca/our-community/age-friendly-hanover).

## JOIN OUR MAILING LIST!

Are you interested in receiving news updates on Age-Friendly information, including this newsletter directly to your inbox? [Subscribe to the Hanover Age-Friendly mailing list by clicking this link](#), or by visiting the Age-Friendly webpage and selecting the subscription button at the bottom of the webpage. [Hanover.ca](http://Hanover.ca)

## CLICK & EXPLORE

This issue includes quick links to helpful local resources, upcoming programs, community events, and healthy living information.

- ➡ Recreation Programs (Coming This Fall) Pg. 3
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This interactive newsletter includes clickable links to trusted local resources, events, and community services.

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# Building an Age-Friendly Hanover

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The Hanover Age-Friendly Committee was created in 2017 in response to one of the priorities identified in the Town of Hanover's 2010 Strategic Plan. The plan recognized the importance of consulting with older adults to better understand their social and recreational needs, improve accessibility, and help make Hanover an age-friendly community. With more than 40% of Hanover's population aged 55 and older, planning for the needs of older adults is an important part of building a healthy, inclusive, and connected community.

Early community consultations identified several priorities, including improving communication, increasing accessibility, expanding transportation options, and better coordinating programs and activities for older adults. These priorities continue to guide the committee's work today.

Made up of Town Council representatives, local organizations, and community members, the committee works together to develop initiatives that help make Hanover a better place to live for older adults. The committee also provides input to Council on matters relating to accessibility, recreation, community programs, and services.

Since its creation, the committee has supported a number of initiatives, including walkability assessments that led to improvements to sidewalks and public seating, the Coffee With... series in partnership with the Hanover Public Library, Active Aging and Mental Health Expos, the Hanover Seniors Resource Guide, and the Age-Friendly Business Initiative, which helps local businesses create welcoming and accessible spaces for customers of all ages.

In 2025, Hanover became a Senior Active Living Centre (SALC) Program Operator, expanding opportunities for older adults to participate in social, recreational, educational, and wellness programming. A significant milestone came in 2026 when the Ontario government officially recognized the Town of Hanover as an Age-Friendly Community. This recognition reflects Hanover's ongoing commitment to creating a community where older adults can live safely, stay active, and remain connected.

[Learn more about the Hanover Age-Friendly Committee, available resources, and current initiatives by visiting the Age-Friendly Hanover webpage.](#)

## Did You Know?

*Here are a few interesting facts about Age-Friendly Hanover.*

- **Over 40%** of Hanover's residents are **55 years of age or older**.
- Hanover was recognized as an **Age-Friendly Community** by the Province of Ontario in 2026.
- Age-friendly communities **benefit everyone**, regardless of age or ability.
- Hanover is a **Senior Active Living Centre (SALC)** Program Operator, offering more opportunities to stay active, social, and engaged.
- The committee has supported improvements to **sidewalks, public seating, and accessibility** throughout Hanover.
- The Hanover Age-Friendly Committee brings together **community members, local organizations, and Town Council** to help improve life in Hanover.

# DISCOVER WHAT'S COMING THIS FALL

There's something for everyone in the Parks, Recreation & Culture Community Guide – Fall 2026 & Winter 2027! Whether you're looking to stay active, learn a new skill, or connect with others, our fall lineup offers a variety of programs designed to support healthy, active living.

## Stay Active

Build strength, flexibility, and balance with returning favourites like:

- Chair Yoga
- Standing Yoga
- Pilates
- POUND® Drum Fitness

## Get Creative

Explore your artistic side with our Guided Acrylic Painting Class, designed for beginners and experienced painters alike.

## Stay Connected

Enjoy great company through programs like:

- Lunch & Social
- Walk & Talk
- Carpet Bowling
- Huff N Puff Hockey

Whether you're returning to a favourite activity or trying something new, our programs offer a welcoming environment where you can stay active, make new friends, and have fun.

## Watch for the New Community Guide!

The Parks, Recreation & Culture Community Guide – Fall 2026 & Winter 2027 will be available this August.

## Registration Opens:

**Hanover Residents:** August 20, 2026

**Non-Hanover Residents:** August 27, 2026

The guide will include complete program descriptions, schedules, fees, and registration information.

## Looking for more programs?

Visit the Town of Hanover's Recreation Programs webpage to explore programs, registration information, and the latest updates. [Town of Hanover – Recreation Programs](#)



# HERITAGE MOMENTS

## The Fair by Al Morrow

Holidays and special days throughout the year have always stayed in my mind, but one of my fondest memories was always the Fall Fair. It marked the end of summer and, for us as children, the last big event before school started again.

Truckloads of rides and equipment would begin arriving a few days before the fair opened, and we would watch with excitement as the midway slowly came to life. Piggy banks were emptied and allowances carefully saved so we would have enough money for rides, games,

candy apples, and candy floss. Every year there seemed to be one mystery ride that would twist, turn, or shake you, and you never quite knew what it would be until the fair arrived.

The fair was much more than the midway. There were exhibits of preserves, baking, flowers, school projects, and local talent. I still remember entering a soap carving of an ambulance one year and winning first prize. The grandstand hosted horse shows and competitions, and I always enjoyed sitting with my grandmother watching the heavy draft horses while sharing French fries and a bottle of pop.

Our family also spent time helping at the Rotary food booth. My dad was an active Rotarian, and many family members volunteered, serving hot dogs, hamburgers, French fries, potato chips, chocolate bars, and ice-cold bottles of pop to fairgoers throughout the weekend.

Saturday evening was always the big show at the grandstand. For many years this was a Band Tattoo, and what a spectacle that was. Seven or eight different bands from around the area, including our own town band, would march and perform individually. The pipe bands were always well received, and I would shiver at the sound of the bagpipes and marvel at the way the drummers would swing their sticks. As a finale, all the bands would march down the track together, usually to a standing ovation from the crowd. The whole show would wrap up with a huge, spectacular fireworks display.

When the fair was over, there was always a sense of loss. Summer had come to an end, school would begin in a day or two, and life would settle back into its familiar routine. Looking back now, those happy days at the Hanover Fall Fair remain some of my sweetest memories, and they seem to grow even more precious as the years go by.

The tradition continues today. Cornfest will kick off Hanover Fair Weekend on Friday, August 7, followed by the Hanover Fair on August 8 & 9, 2026. To learn more about this year's fair and the exciting events planned, [visit the Hanover Fair website.](#)



# HANOVER HAPPENINGS

## MONDAYS

| PROGRAM           | TIME             | LOCATION       | NOTES                                        |
|-------------------|------------------|----------------|----------------------------------------------|
| Lane Swim         | 6:00am & 11:30am | P&H Centre     | <a href="#">Click here for more info.</a>    |
| Aquafit           | 8:15am           | P&H Centre     | <a href="#">Click here for more info.</a>    |
| Adult/Senior Swim | 10:15am & 3:30pm | P&H Centre     | <a href="#">Click here for more info.</a>    |
| VON- Parkinson's  | 1:00pm           | Grace United   | <a href="#">Contact church for more info</a> |
| Euchre            | 1:30pm           | Hanover Legion | <a href="#">Contact Legion for more info</a> |

## TUESDAYS

| PROGRAM           | TIME             | LOCATION                  | NOTES                                         |
|-------------------|------------------|---------------------------|-----------------------------------------------|
| Lane Swim         | 11:30am & 6:45pm | P&H Centre                | <a href="#">Click here for more info.</a>     |
| Adult/Senior Swim | 10:15am          | P&H Centre                | <a href="#">Click here for more info.</a>     |
| Aquafit           | 2:15pm & 6:45pm  | P & H Centre              | <a href="#">Click here for more info.</a>     |
| Young at Heart    | 11:00am          | Hanover Missionary Church | <a href="#">Contact church for more info</a>  |
| Euchre            | 1:00pm           | Grace United              | <a href="#">Contact church for more info</a>  |
| Bridge            | 1:00pm           | Senior Friendship Club    | <a href="#">Contact SFC for more info</a>     |
| Cards             | 1:30pm           | Holy Family Parish        | <a href="#">Contact church for more info</a>  |
| Chess             | 4:00pm           | Hanover Public Library    | <a href="#">Contact library for more info</a> |

## Healthy Habit of the Month

### Practice Balance Every Day

Balance exercises can help reduce the risk of falls and improve confidence when walking. Try standing on one foot while holding onto a sturdy chair, walking heel-to-toe down a hallway, or simply taking a daily walk to strengthen your legs and improve stability. Always use support if needed and consult your healthcare provider before starting a new exercise routine.

Want to learn more about improving your balance and preventing falls? Visit the [Hanover Family Health Team – Boosting Balance and Stride Alive.](#)



# HANOVER HAPPENINGS

## WEDNESDAYS

| PROGRAM                  | TIME             | LOCATION               | NOTES                                     |
|--------------------------|------------------|------------------------|-------------------------------------------|
| <b>Lane Swim</b>         | 6:00am & 11:30am | P&H Centre             | <a href="#">Click here for more info.</a> |
| <b>Aquafit</b>           | 8:15am           | P&H Centre             | <a href="#">Click here for more info.</a> |
| <b>Cards</b>             | 1:30pm           | Senior Friendship Club | <a href="#">Contact SFC for more info</a> |
| <b>Adult/Senior Swim</b> | 10:15am & 3:30pm | P&H Centre             | <a href="#">Click here for more info.</a> |
| <b>Public Swim</b>       | 2:15pm & 6:45pm  | P&H Centre             | <a href="#">Click here for more info.</a> |

## THURSDAYS

| PROGRAM                  | TIME             | LOCATION                                 | NOTES                                         |
|--------------------------|------------------|------------------------------------------|-----------------------------------------------|
| <b>Lane Swim</b>         | 11:30am & 6:45pm | P&H Centre                               | <a href="#">Click here for more info.</a>     |
| <b>Adult/Senior Swim</b> | 10:15am          | P&H Centre                               | <a href="#">Click here for more info.</a>     |
| <b>Shuffleboard</b>      | 1:00pm           | Grace United                             | <a href="#">Contact church for more info</a>  |
| <b>Mahjong</b>           | 1:00pm           | Hanover Public Library                   | <a href="#">Contact library for more info</a> |
| <b>Senior's Social</b>   | 1:00pm           | Hope Community Church                    | <a href="#">Contact church for more info</a>  |
| <b>Aquafit</b>           | 2:15pm & 6:45pm  | P&H Centre                               | <a href="#">Click here for more info.</a>     |
| <b>TOPS</b>              | 6:00pm           | Senior Friendship Club                   | <a href="#">Contact SFC for more info</a>     |
| <b>Cornhole</b>          | 7:00pm           | Hanover Legion                           | <a href="#">Contact Legion for more info</a>  |
| <b>Solo</b>              | 7:00pm           | St. Matthews Evangelical Lutheran Church | <a href="#">Contact church for more info</a>  |

## August Challenge

Say hello to someone new at your next community program or event. A friendly conversation is a great way to build connections and make Hanover an even more welcoming community.

### Find local events:

[Town of Hanover – Community Events Calendar](#)



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# HANOVER HAPPENINGS

## FRIDAYS

| PROGRAM                  | TIME             | LOCATION               | NOTES                                        |
|--------------------------|------------------|------------------------|----------------------------------------------|
| <b>Lane Swim</b>         | 6:00am & 11:30am | P&H Centre             | <a href="#">Click here for more info.</a>    |
| <b>AquaFit</b>           | 8:15am           | P&H Centre             | <a href="#">Click here for more info.</a>    |
| <b>Adult/Senior Swim</b> | 10:15am & 3:30pm | P&H Centre             | <a href="#">Click here for more info.</a>    |
| <b>Bid Euchre</b>        | 1:00pm           | Senior Friendship Club | <a href="#">Contact SFC for more info</a>    |
| <b>VON- Parkinson's</b>  | 1:00am           | Grace United           | <a href="#">Contact church for more info</a> |
| <b>Catch the Ace</b>     | 4:45pm           | Hanover Legion         | <a href="#">Contact Legion for more info</a> |

## SATURDAYS

| PROGRAM                        | TIME       | LOCATION               | NOTES                                                                                               |
|--------------------------------|------------|------------------------|-----------------------------------------------------------------------------------------------------|
| <b>Make &amp; Mingle</b>       | 1:00pm     | Hanover Public Library | <a href="#">Contact library for more info</a><br>1 <sup>st</sup> & 3 <sup>rd</sup> sat of the month |
| <b>Stitch and Sip</b>          | 1:00pm     | Hanover Public Library | <a href="#">Contact library for more info</a><br>2 <sup>nd</sup> & 4 <sup>th</sup> of the month     |
| <b>Eat Well Farmers Market</b> | 9am - 1pm  | Hanover Town Square    | <a href="#">Click here for more info.</a>                                                           |
| <b>Music in the Square</b>     | 11am - 1pm | Hanover Town Square    | <a href="#">Click here for dates &amp; more info.</a>                                               |

## Tech Tip of the Month

### Protect Yourself from Scams

Never share passwords or verification codes.

Banks, government agencies, and legitimate companies will never ask for your password or the six-digit verification code sent to your phone or email.

If something doesn't feel right, hang up and call the organization directly.

### Learn more about staying safe online:

Explore helpful technology tips and resources from [MicroAge Hanover Resource Centre](#).



# HANOVER HAPPENINGS

## ON-GOING & SPECIAL EVENTS

| Event                           | TIME                  | DATE                     | LOCATION                                          | NOTES                                        |
|---------------------------------|-----------------------|--------------------------|---------------------------------------------------|----------------------------------------------|
| <b>CornFest</b>                 | 6pm - midnight        | August 7th               | Hanover Raceway - Under the Grandstand            | <a href="#">Click here for more info.</a>    |
| <b>Hanover Fair 2026</b>        | Daily Schedule Varies | August 7, 8 & 9          | Hanover Raceway & The Carriage House Event Centre | <a href="#">Click here for more info.</a>    |
| <b>Music in the Square</b>      | 11am-1pm              | August 8th & August 22nd | Heritage Square                                   | <a href="#">Click here for more info.</a>    |
| <b>Buddy Check Coffee Break</b> | 10am                  | August 28th              | Hanover Legion                                    | <a href="#">Contact Legion for more info</a> |

## Hanover Fair Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| U | K | P | O | N | W | B | G | K | I | C | P | P | G | C | W | H | T |
| I | M | C | A | F | D | M | M | I | D | W | A | Y | R | G | M | A | E |
| R | E | O | E | R | P | J | U | N | T | U | S | C | W | Q | O | R | X |
| T | P | M | O | F | A | Y | Y | A | R | B | Z | U | O | S | K | V | H |
| W | H | M | C | E | H | D | P | W | A | E | W | L | M | R | O | E | I |
| D | O | U | L | R | U | C | E | R | C | M | F | S | Q | M | N | S | B |
| T | R | N | Z | H | I | B | L | I | T | B | U | A | I | S | E | T | I |
| T | S | I | D | I | F | Y | H | B | O | C | X | S | I | B | W | R | T |
| R | E | T | K | F | B | E | O | B | R | Y | V | T | I | R | K | B | S |
| H | S | Y | T | L | Y | S | G | O | X | I | D | H | L | C | X | J | S |
| P | M | T | R | L | L | G | N | N | G | I | W | Z | J | W | K | E | Y |
| R | J | H | H | O | X | W | M | Z | K | Z | I | W | A | V | S | N | R |

Challenge a friend to see who can find all the words first!



- Corn
- Fair
- Midway
- Tractor
- Ribbon
- Harvest
- Horses
- Music
- Parade
- Exhibits
- Community
- Summer



**PREP TIME**  
**15 MINUTES**



**COOK TIME**  
**15 MINUTES**



**SERVINGS**  
**6**

## Ingredients

- ⅓ cup Ontario blueberries
- ⅓ cup Ontario strawberries
- 8 oz (250 mL) whipped topping, thawed
- ½ cup Ontario raspberries
- Quick-cooking oats
- 1 pint (473 mL) vanilla frozen yogurt

## Nutrition (per serving)

Calories: 194

Protein: 7 g

Fat: 5 g

Carbohydrates: 30 g

Fibre: 2 g

Sodium: 47 mg

# RECIPE OF THE MONTH

## Berry Parfait

A refreshing, no-bake dessert that's perfect for warm summer days! Made with Ontario berries, frozen yogurt, and oats, this quick recipe is a delicious way to enjoy seasonal fruit.

### Instructions

1. Combine the blueberries, strawberries, and whipped topping in a blender and blend until smooth.
2. Transfer the mixture to a bowl and gently fold in the raspberries.
3. Layer the berry mixture with the frozen yogurt and oats in six dessert glasses, finishing with a berry layer. Serve immediately.

### Healthy Tip

Did you know? Raspberries contain naturally occurring flavonoids, which have been studied for their potential role in supporting healthy brain function as we age. You can also use frozen Ontario berries to enjoy this recipe year-round.

### Berry Benefits

- Blueberries are a source of antioxidants.
- Strawberries provide vitamin C.
- Raspberries are high in fiber.
- Oats add whole grains and help keep you feeling full.

[Recipe adapted from the Recipe Resource for Healthy Aging, courtesy of the Ontario Berry Growers Association.](#)

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**Age-Friendly**  
Hanover



**Hanover**  
Ontario, Canada

**Ontario**



# COMMUNITY CONTACTS

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