

# NEWSLETTER

OCTOBER 2026  
ISSUE NO 7  
01.10.2026

## 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 7<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)

### CELEBRATING YOU

**October 1 is National Seniors Day**, a time to recognize the older adults who have helped shape our families, workplaces, neighbourhoods, and community.

Whether you're volunteering, learning something new, staying active, sharing your experience, supporting family and friends, or simply enjoying everything this stage of life has to offer—you are an important part of our community.

This October, we celebrate you and the many ways older adults continue to make Hanover a great place to live, connect, and belong.

Happy National Seniors Day!

## OCTOBER

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Age-Friendly  
Hanover



Ontario



# CELEBRATE AGING, YOUR WAY

National Seniors Day may be October 1, but celebrating active aging doesn't have to happen on just one day. October is a great time to reconnect, try something new, and enjoy everything our community has to offer

## Keep Moving

Take a walk, join a recreation program, stretch at home, or enjoy the fall colours. Staying active doesn't have to mean a strenuous workout—every bit of movement counts.

## Stay Connected

Make plans with a friend, attend a community program, introduce yourself to someone new, or give someone you haven't spoken to in a while a call. Social connection is an important part of healthy aging.

## Keep Learning

Try a new hobby, pick up a book, learn a new technology skill, attend a presentation, or revisit something you've always wanted to learn. There's no age limit on curiosity.

## Share What You Know

Years of experiences, skills and stories are worth sharing. Teach someone a favourite recipe, tell a family story, volunteer your time, or pass along a skill you've learned over the years.

## Your October Challenge

### Try to complete 5 this month:

- ☐ Take a walk among the fall colours
- ☐ Call or visit someone you haven't seen lately
- ☐ Attend a community program or event
- ☐ Try a new activity
- ☐ Share a favourite story or memory
- ☐ Do something kind for a neighbour
- ☐ Learn something new
- ☐ Make a favourite fall recipe
- ☐ Spend some time outdoors

How many can you check off before November?



## What Does Active Aging Mean to You?

Active aging looks different for everyone. It might mean joining a fitness class, volunteering in your community, learning something new, spending time with friends and family, or simply continuing to do the things you enjoy.

**There's no one right way to age actively; find what works for you.**

# HOME SHOULD BE A PLACE OF SAFETY AND COMFORT

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**By Lisa Alguire, Public Health Nurse, Grey Bruce Public Health**

Home should always be a safe space, a place where you feel secure and protected. But for people experiencing a home takeover, that sense of safety can disappear.

A home takeover occurs when a vulnerable homeowner or tenant is forced to accommodate an unwanted guest in their home. The person may be a relative, friend or acquaintance who was initially welcomed into the home.

An older adult may initially invite someone to stay for companionship, help with household expenses, or because they feel empathy or pressure to provide the person with a place to stay. The situation becomes a home takeover when the guest refuses to leave and their actions cause the occupant to feel unsafe, threatened or no longer in control of their home.

Threats, guilt, violence, manipulation or financial exploitation may make it difficult for someone experiencing a home takeover to ask the person to leave or seek help.

## Recognizing the Impact

A home takeover can have serious consequences, including:

- Loss of control within the home
- Damage to the home or property
- Financial exploitation
- Disruption within the neighbourhood
- Risk of eviction or loss of housing
- Fear, stress and feeling unsafe at home

Some homeowners or tenants may feel they cannot avoid or escape the situation because they lack the supports or resources needed to do so.

## Help is Available

Grey Bruce Public Health has worked with community partners to better understand home takeovers locally, raise awareness and develop resources to help.

A 10-question checklist, “Welcomed Guest or Home Takeover?”, is available to help homeowners and tenants determine whether they may be experiencing, or are at risk of experiencing, a home takeover.

If you are concerned about what is happening in your home, reach out to someone you trust. This could be a support worker, landlord, family member, neighbour or friend.

## Need Help Finding Support?

**Call or text 211.**

211 can help connect you with available supports and services in your community.

[Learn More](#)

# HERITAGE MOMENTS

## The Trains by Al Morrow

Living in the southwest corner of Hanover seventy years ago, the fields, forests, rivers and railway tracks became our playground. The CN rail line travelled around town before heading south toward Neustadt, making the tracks easily accessible to the boys in our neighbourhood.

Naturally, the trains fascinated us. We were warned about the dangers and, for the most part, I think we were pretty careful—although my mother would have been much more concerned had she known about some of the things we did.

Walking the tracks offered endless opportunities for discovery. The crushed stone contained fossils millions of years old, small metal buttons on the railway ties showed when they were installed, and a white post marked with a black



“W” told the engineer to blow the whistle for an approaching crossing. We also tested our balance walking along the rails and explored whatever caught our attention along the way.

Heading south, we passed a pipe in the bank with the coldest, freshest spring water flowing from it. We always stopped for a drink. The spring had apparently been discovered by workers building the railway in 1880 and can still be found today, although the pipe is gone.

Most importantly, we always had to watch and listen for trains. I was terrified of being caught on the tracks and somehow developed an almost sixth sense for them. I could often hear or feel a train coming 10 or 15 minutes before it arrived, and the other boys eventually learned to trust my warnings.

Once safely off the tracks, we waited in anticipation as the giant engine and cars came rumbling past. We would wave to the engineer, who often smiled and waved back.

The railway bridges offered adventures of their own. Older boys swam in a deep cove beside one bridge, swinging from a rope tied to a nearby tree. Another daring trick was to lie on one of the large wooden beams beneath the bridge while a train passed overhead. I tried it a couple of times. You really had to hang on—and it was advisable to cover your ears. Unfortunately, you couldn't do both at once.

In the 1950s, four to six trains might pass through each day. Over time, they became fewer and fewer. The last passenger train came through in 1970, and by the early 1990s, freight trains had ceased as well.

Today, the former rail line has become part of Hanover's beautiful trail system. When I walk those still-familiar paths, the memories are impossible to brush aside.

# HANOVER HAPPENINGS

## MONDAYS

| 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 & 5:45pm  | P&H Centre     | <a href="#">Click here for more info.</a>    |
| <b>Adult &amp; Senior Skate</b> | 10:00am          | P&H Centre     | <a href="#">Click here for more info.</a>    |
| <b>Adult/Senior Swim</b>        | 10:15am & 2:30pm | P&H Centre     | <a href="#">Click here for more info.</a>    |
| <b>VON- Parkinson's</b>         | 1:00pm           | Grace United   | <a href="#">Contact church for more info</a> |
| <b>Euchre</b>                   | 1:30pm           | Hanover Legion | <a href="#">Contact Legion for more info</a> |

## TUESDAYS

| PROGRAM                  | TIME                      | LOCATION                  | NOTES                                         |
|--------------------------|---------------------------|---------------------------|-----------------------------------------------|
| <b>Lane Swim</b>         | 6:00am, 11:30am, & 8:30pm | 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>Carpet Bowling</b>    | 1:00pm                    | P&H Centre                | <a href="#">Click here for more info.</a>     |
| <b>AquaFit</b>           | 2:30pm                    | P & H Centre              | <a href="#">Click here for more info.</a>     |
| <b>Young at Heart</b>    | 11:00am                   | Hanover Missionary Church | <a href="#">Contact church for more info</a>  |
| <b>Euchre</b>            | 1:00pm                    | Grace United              | <a href="#">Contact church for more info</a>  |
| <b>Bridge</b>            | 1:00pm                    | Senior Friendship Club    | <a href="#">Contact SFC for more info</a>     |
| <b>Cards</b>             | 1:30pm                    | Holy Family Parish        | <a href="#">Contact church for more info</a>  |
| <b>Chess</b>             | 4:00pm                    | Hanover Public Library    | <a href="#">Contact library for more info</a> |

## TECH TIP OF THE MONTH

### Add an Emergency Contact

Your smartphone can store emergency information that may be accessible even when your phone is locked. Consider adding an emergency contact and important details so first responders or others can quickly find who to call if you need help.

Tip: On most phones, look for Medical ID on iPhone or Safety & Emergency on Android in your settings.

# HANOVER HAPPENINGS

## WEDNESDAYS

| PROGRAM           | TIME             | LOCATION               | NOTES                                     |
|-------------------|------------------|------------------------|-------------------------------------------|
| Lane Swim         | 6:00am & 11:30am | P&H Centre             | <a href="#">Click here for more info.</a> |
| Aquafit           | 8:15am & 1:30pm  | P&H Centre             | <a href="#">Click here for more info.</a> |
| Walk & Talk       | 8:30am           | P&H Centre             | <a href="#">Click here for more info.</a> |
| Cards             | 1:30pm           | Senior Friendship Club | <a href="#">Contact SFC for more info</a> |
| Adult/Senior Swim | 2:30pm           | P&H Centre             | <a href="#">Click here for more info.</a> |
| Public Skate      | 4:00pm           | P&H Centre             | <a href="#">Click here for more info.</a> |
| Public Swim       | 6:30pm           | P&H Centre             | <a href="#">Click here for more info.</a> |

## THURSDAYS

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

## SENIOR FUN FACT

### Your brain never stops adapting!

The brain can continue forming new connections throughout life, which means learning a new skill, trying a new hobby, or challenging yourself mentally can keep your brain engaged at any age.

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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 & 2:30pm         | 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>Huff n Puff Hockey</b> | 65+ 2:15pm<br>50+ 3:30pm | P&H Centre             | <a href="#">Click here 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>Lane Swim</b>         | 6:00am | P&H Centre             | <a href="#">Click here for more info.</a>                                                            |
| <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> Sat. of the month |

## OCTOBER CHALLENGE

### Take the Scenic Route!

Make time this month to enjoy Hanover's fall colours. Take a walk somewhere you haven't explored lately and see what you discover.

[Autumn leaves studio tour 2026 info here](#)



# HANOVER HAPPENINGS

## ON-GOING & SPECIAL EVENTS

| Event                                         | TIME          | DATE               | LOCATION                         | NOTES                                                          |
|-----------------------------------------------|---------------|--------------------|----------------------------------|----------------------------------------------------------------|
| <b>Autumn Leaves Studio Tour 2026</b>         | All Day       | Oct 2 - Oct 4 2026 | 15 Studios throughout the area   | <a href="http://www.alst.ca">Visit www.alst.ca for details</a> |
| <b>Artie Music Film Festival</b>              | 12 - 4pm      | Oct 3 2026         | Legion Branch<br>130 Hanover     | <a href="#">Click here for more info</a>                       |
| <b>Hanover Fire &amp; Rescue Open House</b>   | 6:30 - 8:30pm | Oct 5 2026         | Hanover Fire Station             | <a href="#">Click here for more info</a>                       |
| <b>Meet the Candidates 2026</b>               | 7 - 9pm       | Oct 6 2026         | Hanover Civic Theatre            | <a href="#">Click here for more info</a>                       |
| <b>Mayor's Breakfast for Business</b>         | 7:30 - 9:30am | Oct 14 2026        | Legion Branch<br>130 Hanover     | <a href="#">Click here for more info</a>                       |
| <b>Municipal Elections 2026 Voting Period</b> |               | Oct 16 - 26 2026   |                                  | <a href="#">Click here for more info</a>                       |
| <b>Household Hazardous Waste Collection</b>   | 10am - 2pm    | Oct 17 2026        | Public Works Yard                | <a href="#">Click here for more info</a>                       |
| <b>Pretzel Logic - Steely Dan</b>             | 7 - 10pm      | Oct 23 2026        | Hanover Civic Theatre            | <a href="#">Click here for more info</a>                       |
| <b>Neon Glow Bingo Bash</b>                   | 6 - 11pm      | Oct 23 2026        | The Carriage House Events Centre | <a href="#">Click here for more info</a>                       |
| <b>Human trafficking information night</b>    | 7 - 8pm       | Oct 28 2026        | Legion Branch<br>130 Hanover     | <a href="#">Click here for more info</a>                       |
| <b>Disco Inferno</b>                          | 8:30pm - 1am  | Oct 30 2026        | The Carriage House Event Centre  | <a href="#">Click here for more info</a>                       |

### LOOKING FOR MORE EVENTS?

[There's always more happening in Hanover! Visit the Town of Hanover Events Calendar for more upcoming events, activities and community updates.](#)

 **PREP TIME**  
**10 MINUTES**

 **COOK TIME**  
**35 MINS**

 **SERVINGS**  
**6**

## Ingredients

- 1¾ cups unsweetened vanilla almond or cashew milk, or milk of choice
- 2 large eggs
- ⅓ cup maple syrup
- ¼ cup melted butter or coconut oil
- ¼ cup unsweetened applesauce
- 3 cups old-fashioned rolled oats
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ¼ tsp nutmeg
- ¼ tsp allspice
- ¼ tsp salt
- 1½ cups finely chopped apple
- ¼–½ cup chopped walnuts or pecans (optional)

## Nutrition per serving

- 323 calories
- 8 g protein
- 5 g fibre
- 15 g sugar

# RECIPE OF THE MONTH

## Healthy Apple Cinnamon Baked Oatmeal

Warm apples, cinnamon and maple syrup make this baked oatmeal a cozy fall breakfast. It can also be made ahead and reheated for an easy morning meal.

### Instructions

1. Preheat oven to 350°F and lightly grease a 9×9-inch or similar-sized baking dish.
2. In a large bowl, stir together milk, eggs, maple syrup, melted butter and applesauce.
3. Add oats, baking powder, cinnamon, nutmeg, allspice and salt. Mix until combined, then stir in the chopped apple.
4. Pour into the prepared baking dish. Top with additional apple slices or nuts, if desired.
5. Bake for approximately 35 minutes, or until the centre is almost set. Let cool for at least 5 minutes before serving.
6. Enjoy on its own or serve with yogurt, nut butter or a small drizzle of maple syrup.

### Healthy Tip

Oats and apples both provide dietary fibre, making this a filling breakfast option. Add walnuts or pecans for a little extra crunch.

### Make It Ahead

Once cooled, cover and refrigerate. The original recipe notes that leftovers can be kept refrigerated for up to 7 days and individual portions can be reheated in the microwave.



[FULL RECIPE CAN BE FOUND HERE](#)

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# COMMUNITY CONTACTS

**ALZHEIMER SOCIETY GREY BRUCE**  
519.376.7230  
[ALZHEIMER.CA/GREYBRUCE/EN](http://ALZHEIMER.CA/GREYBRUCE/EN)

**CANADIAN CANCER SOCIETY**  
1.800.430.6228  
[WWW.CANCER.CA/EN](http://WWW.CANCER.CA/EN)

**CMHA- GREY BRUCE**  
519.364.4350  
[WWW.GREYBRUCE.CMHA.CA](http://WWW.GREYBRUCE.CMHA.CA)

**FIRST ST. MATTHEW'S LUTHERAN**  
519.364.4350  
[FAITHDESBORO@GMAIL.COM](mailto:FAITHDESBORO@GMAIL.COM)

**GRACE UNITED CHURCH**  
519.364.3550  
[GRACEUC@WIGHTMAN.CA](mailto:GRACEUC@WIGHTMAN.CA)

**GREY BRUCE PUBLIC HEALTH UNIT**  
1.800.263.3456  
[PUBLICHEALTHGREYBRUCE.ON.CA](http://PUBLICHEALTHGREYBRUCE.ON.CA)

**GREY BRUCE SINGERS**  
519.392.8351  
[WWW.GREYBRUCESINGERS.CA](http://WWW.GREYBRUCESINGERS.CA)

**HANOVER AREA PROBUS CLUB**  
[PRES@HAPC.CA](mailto:PRES@HAPC.CA)  
[WWW.HAPC.CA](http://WWW.HAPC.CA)

**HANOVER CURLING CLUB**  
519.378.8617  
[WWW.HANOVERCURLINGCLUB.COM](http://WWW.HANOVERCURLINGCLUB.COM)

**HANOVER COMMUNITY PLAYERS**  
519.506.6902  
[HANOVERCOMMUNITYPLAYERS.CA](http://HANOVERCOMMUNITYPLAYERS.CA)

**HANOVER HORSESHOE LEAGUE**  
519.506.4348  
[HANOVERHORSESHOEFACEBOOK](http://HANOVERHORSESHOEFACEBOOK)

**HANOVER FAMILY HEALTH TEAM**  
519.506.4348  
[WWW.HANOVERFHT.CA](http://WWW.HANOVERFHT.CA)

**HANOVER LAWN BOWLING CLUB**  
BOB FARROW | PRESIDENT  
[HANOVERLAWNBOWLING.COM](http://HANOVERLAWNBOWLING.COM)

**HANOVER PUBLIC LIBRARY**  
519.364.1420  
[WWW.HANOVERLIBRARY.CA](http://WWW.HANOVERLIBRARY.CA)

**HANOVER ROTARY**  
HEATHER CURRAN | PRESIDENT  
[WWW.ROTARYOFHANOVER.CA](http://WWW.ROTARYOFHANOVER.CA)

**HANOVER ROYAL CANADIAN LEGION**  
519.364.1130  
[HANOVERLEGION@WIGHTMAN.CA](mailto:HANOVERLEGION@WIGHTMAN.CA)

**HERITAGE COMMITTEE**  
519.364.4810  
[HANOVER.CA/HISTORY-HERITAGE](http://HANOVER.CA/HISTORY-HERITAGE)

**HOLY FAMILY CATHOLIC CHURCH**  
519.364.1973  
[INFO@HOLYFAMILY.CA](mailto:INFO@HOLYFAMILY.CA)

**HCSS GREY BRUCE**  
519.372.2091  
[WWW.HCSSGREYBRUCE.COM](http://WWW.HCSSGREYBRUCE.COM)

**HOPE COMMUNITY CHURCH**  
519.364.5668  
[CONNECT@HOPECC.CA](mailto:CONNECT@HOPECC.CA)

**HOSPITAL AUXILIARY**  
519.364.2340 X 210  
[HANOVERHOSPITAL.ON.CA](http://HANOVERHOSPITAL.ON.CA)

**LION'S CLUB**  
[YOURHANOVERLIONS.CA](http://YOURHANOVERLIONS.CA)  
[INFO@HANOVERLIONS.COM](mailto:INFO@HANOVERLIONS.COM)

**MENNONITE CHURCH**  
519.364.4309  
[HMC@WIGHTMAN.CA](mailto:HMC@WIGHTMAN.CA)

**MISSIONARY CHURCH**  
519.364.1823  
[OFFICE@HANOVERMISSIONARY.COM](mailto:OFFICE@HANOVERMISSIONARY.COM)

**NEW APOSTOLIC CHURCH**  
519.884.2862  
[INFO@NACCANADA.ORG](mailto:INFO@NACCANADA.ORG)

**PARKINSON SOCIETY SW ONTARIO**  
519.652.9437  
[INFO@PSSO.CA](mailto:INFO@PSSO.CA)

**PARKS, REC & CULTURE**  
519.364.2310 X 2121  
[WWW.HANOVER.CA](http://WWW.HANOVER.CA)

**PICKLE BALL CLUB**  
STEVE WESTMAN | 519.881.7612  
[HANOVERTENNISCLUB@GMAIL.COM](mailto:HANOVERTENNISCLUB@GMAIL.COM)

**ST. ANDREW'S PRESBYTERIAN**  
519.364.1620  
[STANDREWS@WIGHTMAN.CA](mailto:STANDREWS@WIGHTMAN.CA)

**ST. MATTHEW'S EVANGELICAL LUTHERAN**  
519.364.2240  
[STMATTHEWS@WIGHTMAN.CA](mailto:STMATTHEWS@WIGHTMAN.CA)

**SALVATION ARMY CHURCH**  
519.364.3450  
[WWW.SAHANOVER.CA](http://WWW.SAHANOVER.CA)

**SAUGEEN FIELD NATURALISTS**  
519.364.9924  
[WWW.SAUGEENFIELDNATURALISTS.COM](http://WWW.SAUGEENFIELDNATURALISTS.COM)

**SAUGEEN MOBILITY (SMART)**  
519.881.2504  
[WWW.SAUGEENMOBILITY.CA](http://WWW.SAUGEENMOBILITY.CA)

**SAUGEEN STAMP CLUB**  
WALT BERRY | 519.887.3732  
[WSBERRY@SYMPATICO.CA](mailto:WSBERRY@SYMPATICO.CA)

**SAUGEEN TOASTMAKERS**  
519.379.8108  
[WWW.906010.TOASTMAKERSCLUBS.ORG](http://WWW.906010.TOASTMAKERSCLUBS.ORG)

**SENIOR FRIENDSHIP CLUB**  
519-506-2221  
[MARJORIEMATTHEWS368@GMAIL.COM](mailto:MARJORIEMATTHEWS368@GMAIL.COM)

**SWING BOWLING**  
519.364.2240  
[WWW.STMATTHEWSHANOVER.COM](http://WWW.STMATTHEWSHANOVER.COM)

**VICTORY FELLOWSHIP BAPTIST**  
519.364.4011  
[INFOVICTORYFBC@GMAIL.COM](mailto:INFOVICTORYFBC@GMAIL.COM)

**VON SMART EXERCISE**  
519.376.5895  
[WWW.VON.CA/EN](http://WWW.VON.CA/EN)