



BELLEVILLE'S 50+ CENTRE NEWSLETTER

April 24, 2020

Hello Again!
Community Resources
Grocery Store Services
Sharing & Caring
Creation Corner
Made with Love
Picture Perfect
Just For Fun!



Hello Again!

BY KAREN - RECREATION PROGRAMMER

Welcome to the second edition of Belleville's 50+ Centre Newsletter! We are now emailing this to all our older adults who participate in any programs at the Quinte Sports & Wellness Centre to help keep in touch with everyone.

We will feature community resources, recipes, pictures, creative ideas, memories, jokes, pencil puzzles, program lessons and more!

Let me know what you would like to see in future editions and please forward the newsletter to friends and family who will enjoy the information and fun articles.

Email rccsgeneral@belleville.ca with your suggestions, pictures, recipes, etc so we can share them with all our readers. Our wonderful 50+ Centre volunteers will also be sharing tips, techniques and lessons in each edition.

If you no longer wish to receive the newsletter, please click the unsubscribe button on the email or call 613-966-4632.

Alternate format available upon request.

Please check the City of Belleville COVID-19 Response page for information and links to other important websites.

COMMUNITY RESOURCES

There is a wide variety of organizations and businesses committed to ensuring the health and well-being of our communities during this uncertain time. Below is a list of services and programs to help with this goal.

Community Care for South Hastings

Community Care for South Hastings (CCSH) is continuing to deliver hot and frozen meals to our seniors and vulnerable members of the community despite the global pandemic. If you or someone you know in the community is having difficulty accessing nutritious food, perhaps this would be a solution that works for you.

They are continuing to provide transportation for essential medical appointments as well.

They are also able to provide a friendly, reassuring telephone call on a regular basis if you are feeling isolated and alone.

Call 613-969-0130 for more information

QSWC Fit Breaks

Regular physical activity is vital to maintaining a healthy body and mind and during these challenging times, it is more important than ever to take care of your physical and mental health. We know many people are missing their regular exercise routines at the Quinte Sports & Wellness Centre and have just launched online workouts!

The **QSWC Fit Break** exercises have been created by our Health & Wellness Instructors, Amber and Jordan. Participants can do the routines in the comfort of their own homes, using everyday household items for equipment.

Fit Breaks are available **online** and will feature fitness activities for beginner, intermediate and advanced levels with video demonstrations. Each week, there will be new workout ideas added.

Cyber Seniors

Cyber Seniors has partnered with the OACAO (Older Adult Centres Association of Ontario), a partner with Belleville's 50+ Centre, to provide free technology training and mentoring for older adults during this time.

Older adults can register for a group session or for one-on-one tech support, as well as access training tutorials and a discussion forum by going to their **website** or calling 1-844-217-3057.

Mentors will also be available by telephone for seniors who cannot access the online platform

United Way Hastings Prince Edward County

The **United Way** (613-962-9531) has a wide variety of information from community organizations throughout the Quinte region available on their website.

Here are the links for services available in Belleville:

Grocery Delivery: 613-962-9531 (Free)

Food Banks: Gleaners: 613-962-9043

Salvation Army Food Bank: 613-968-6834

Meal Programs

Pharmacies

Mental Health & Supports

Housing: 613-966-3530

Senior Transportation

Emergency Financial Care

VIQ Resources: 613-969-8862

211 Ontario: Call 211 for community resource listings

The next page contains a list of **local grocery stores** with details about delivery, hours and whether they have special hours for seniors.

GIANT TIGER

161 Bridge St West 264 Millenium Pkwy
613-967-0900 613-962-0186

HOURS: Sun 9am-6pm, Mon-Sat 8am-8pm
HOURS: Sun 9am-6pm, Mon-Sat 8am-8pm

SENIOR HOURS: No

PICK UP: Buy online, delivered to store, non-refrigerated items

DELIVERY: Buy online, deliver to home (free for orders \$25+), non-refrigerated items

METRO

110 Front Street North
613-962-0056

HOURS: 8am-8pm 7 days/week
SENIOR HOURS: 7-8am, or for those with health concerns
PICK UP: No
DELIVERY: No

DEWE'S YOUR INDEPENDENT GROCER

400 Dundas St East
613-968-3888

HOURS: Mon-Fri 8am-8pm Sat/Sun 8am-7pm
SENIOR HOURS: No
PICK UP: PC express - buy online or with app, pickup in designated spot in lot.
Call ahead upon arrival **DELIVERY:** No

WALMART

274 Millenium Pkwy
613-966-9466

HOURS: 8am-8pm 7 days/week
SENIOR HOURS: 7-8am, Mon-Fri, or for those with health concerns
PICK UP: online grocery, pickup behind building, delayed wait
DELIVERY: No

TASTE OF COUNTRY

16 Roblin Road
613-967-3985

HOURS: 10am-5pm 7 days/week
SENIOR HOURS: No
PICK UP: Curbside available. Please call.
DELIVERY: No

M&M MEAT SHOPS

149 Bell Blvd
613-967-1366

HOURS: Mon-Sat 9am-6pm, Sun 10am-6pm
SENIOR HOURS: No
PICK UP: Order online, pickup in-store. Seniors can call ahead, must pay in-store. Based on availability
DELIVERY: Partnered with Instacart to deliver to homes. For online orders only.

CORONAVIRUS COVID-19

COMMUNITY RESPONSE FUND

UNITED WAY HASTINGS & PRINCE EDWARD
unitedwayhpe.ca

BELLEVILLE Grocery Store Services

FRESHCO

305 N Front Street
613-966-0270

HOURS: 8am-8pm 7 days/week
SENIOR HOURS: 7-8am, or for those with health concerns
PICK UP: No
DELIVERY: No

MARC'S NO FRILLS

211 Bell Blvd
613-968-9444

HOURS: 8am-8pm 7 days/week
SENIOR HOURS: Mon, Wed & Fri from 7-8am, or for those with health concerns
PICK UP: No
DELIVERY: No

BIB'S MEATS

30 Bell Blvd
613-962-0551

HOURS: 11am-4pm 7 days/week
SENIOR HOURS: Call ahead, can be arranged
PICK UP: call ahead, pickup in-store (1-2 days ahead)
DELIVERY: Call ahead to place order with credit card #, free in-town delivery

FOOD BASICS

470 Dundas St East
613-962-3069

HOURS: 8am-8pm 7 days/week
SENIOR HOURS: 7-8am for seniors, or for those with health concerns
PICK UP: No
DELIVERY: No

GILMOUR'S BY THE BAY

652 Dundas St East
613-969-6561

HOURS: Mon-Sat 9am-6pm, Sun 10am-4pm
SENIOR HOURS: No
PICK UP: Call ahead, pickup outside store
DELIVERY: Call ahead, pay with credit card #, e-transfer, or cash on delivery. Delivered to homes in Belleville area. Free delivery by cash donation. HOT meals available.

SHARING & CARING

Thank you to everyone who contributed a story, idea or picture so everyone could share in the warm and fuzzy feeling that being a part of a caring community provides!

Please send more for the next edition, as we all need all the feel goods we can get right now!

Making Noise in Support of Our Health Care Workers

BY: SUE

It is the time of day where the sun is setting, I reach in the bottom kitchen cupboard for a big pot and retrieve my wooden spoon from the countertop.

Now part of my nightly routine, I make my way to the end of my driveway as the clock strikes 7:30pm and start banging that pot - the noise fills the air. As I look down the street, I see my neighbours have all once again assembled, armed with their noise makers: whistles, dinner chimes and even a set of drums.

We Make Some Noise!

We smile and we wave hello all while social distancing from our own yards. After a few minutes outside we retreat back inside.

Our street has been gathering like this every evening at 7:30pm since Mar 26. This show of support was inspired by a neighbour who works on the front lines. Due to her own circumstance she is unable to join her colleagues during this pandemic but has rallied the neighbourhood to stand in solidarity to show thanks.

This is a little thing we can do during this crazy time to show support for not only health care workers but all frontlines workers. A way to stay positive despite being isolated from our friends and family. A way to visit with neighbours and check in on everyone.

So, my pots and spoon are at the ready and we will be outside again each night until the quarantine is over.



Caring From A Distance

BY: CAROL - CREATIVE CREATIONS

We might not be able to get together to celebrate with friends and family, but we can still show we care!

Our neighbor across the street had a birthday the other day, so her husband had us all go sit in our driveways & sing to her. Then he threw us all a Twinkie! (Fortunately it was a nice sunny day!)

Pandemic Pics

Each newsletter we are going to feature a picture and ask readers to caption it. We will will feature a couple of the captions in the upcoming newsletters.



Caption The Kitty



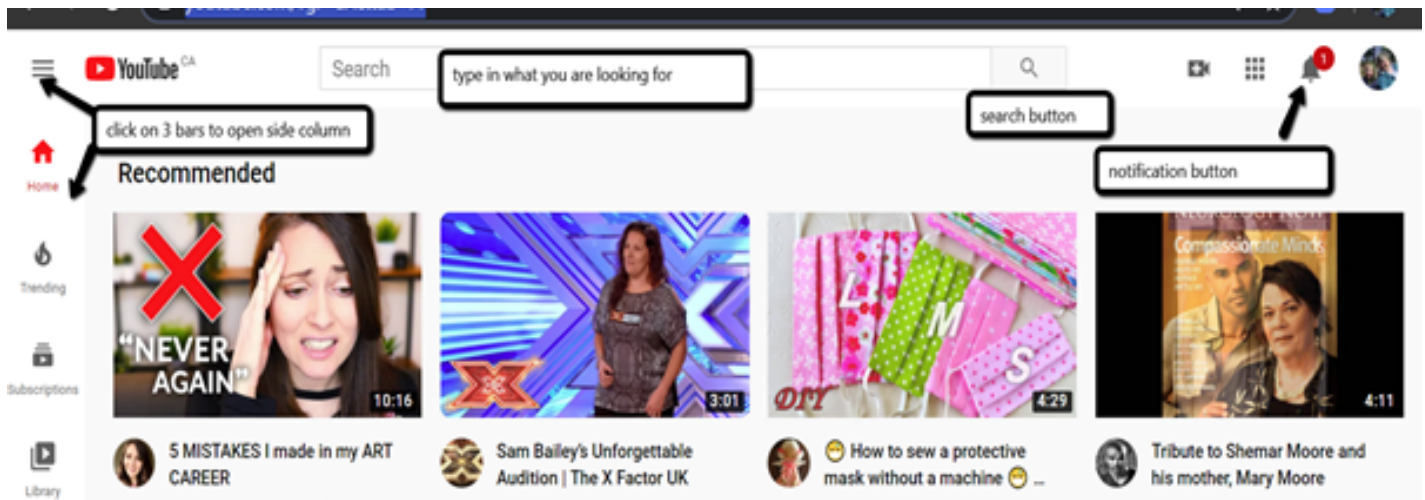
CREATION CORNER

BY GAIL -PENCIL ART INSTRUCTOR

YouTube has endless how-to videos for all your creative needs or to just watch funny or informative clips or shows. Many of you may already be using it, but I wanted to give you some tips on how to make your experience more productive. I will be the first to admit that YouTube can be addictive and one can easily get totally lost in a sea of video content so here are my suggestions to make using it faster and easier.

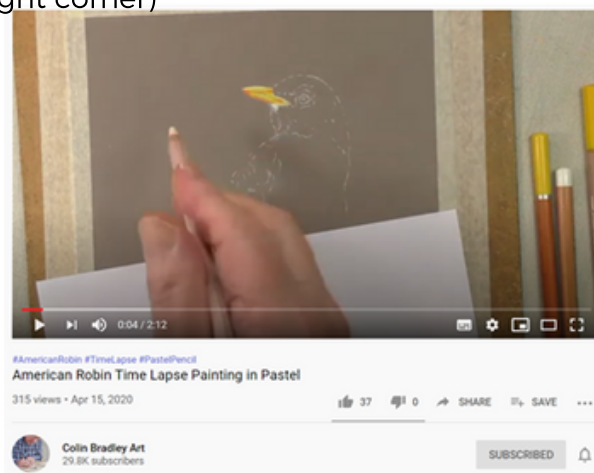
YouTube is a Google product so if you have a gmail account, you automatically have an account for not only YouTube, but any other online Google product. An account isn't needed to watch YouTube, but it is needed to subscribe and save videos.

Since a picture is worth a thousand words, I have created this screen capture picture to help with my explanations.



Look at the first box and you will notice that it is pointing to the three bars at the top of the left hand side of the screen beside the YouTube logo. When you click on those bars, it opens a new window or column on the left hand side. The second box in the middle is the search box where you can enter what you are looking for and then tap the icon above the third box which is the search button. The fourth box is the notification box which I will explain later.

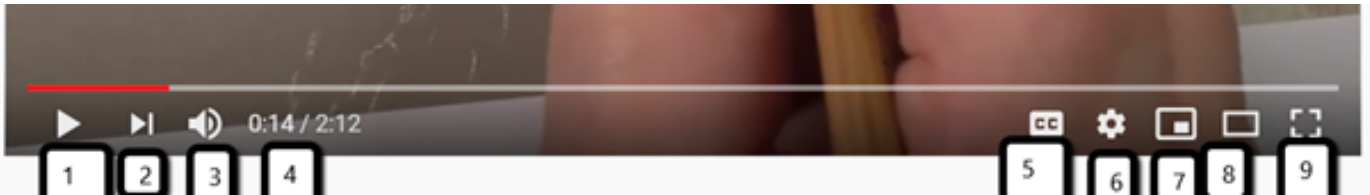
What tools can we use so we are not just getting lost scrolling through for hours? I use the subscribe feature (Bottom right corner)



CREATION CORNER- CONT'D.

Under the screen, you will find the name of the video and in the case of this picture, the artist, the number of views, like or dislike, share and more.

You will notice that this screen gives us a lot of information. At the bottom of the screen is a bar with many icons. If you are unsure what a specific icon means hover over with your mouse arrow and a drop down box will appear.



1. Play
2. Next
3. Sound mute and unmute
4. The length of video
5. Subtitles and closed captioning
6. Settings
7. Miniplayer (puts a small screen in corner)
8. Theatre mode
9. Full screen

The two features that I make use the most are the subscribe feature and the share feature. When I find a certain artist that I like I will hit the subscribe button which will save for me that artist's page and everything that they have uploaded to Youtube. This means I can return to my subscriptions on that side column and go directly to their page without having to scroll through endlessly. This also means that when that artist releases a new video, it will appear when I click on the notification button which is the bell at the top right of the screen. (see first picture).

The second feature that I like to use is the share feature. When I was teaching the pencil art classes and had a video I would like people to watch about a specific technique, I could click on the share button and I would be able to use the hyperlink address of the video in question and paste it into an email. Since it is a hyperlink, individuals receiving that email just had to click on the hyperlink and it would take them directly to the site I was suggesting.

There may be some of you who are wondering how I create this article with all the pictures and labels. I used a free screen capture product called Jing from Techsmith.

A Beautiful Sketch of an Old Barn
Michael - Pencil Art Member



MADE WITH LOVE

Jam Squares

**BY HEATHER - SENIORS LUNCHEON
VOLUNTEER**

My mother collected recipes for many years and hand copied them into a binder, which I now have. Some have a margin note with date and source. It was interesting to see one from my grandmother dated 1936.

She noted the Jam Squares recipe was in a Sunday School paper I brought home, so that would date it to the 1950's.

Ingredients:

1/2 c. shortening, butter or margarine
1/2 c. sugar
1/4 c. cold water
1/2 tsp. vanilla
1 3/4 c. sifted cake and pastry flour *
1 tsp. baking powder
1/4 tsp. cinnamon
pinch of salt (optional)
1 well beaten egg
Jam, amount and flavour of your choice;
I use 1/2 c. raspberry.

* if you don't have cake and pastry flour use 1 3/4 c. minus 2 1/2 tbsp. sifted all purpose flour.

Directions:

Preheat oven to 375 deg. Cream shortening, or whatever you're using, and sugar together. Add water and vanilla and stir till well mixed together. Add the dry ingredients and stir. Add the egg and stir again till everything is well combined. Spread 1/2 the batter in an ungreased 8 x 8 baking dish. Spread the jam over the batter. Spread remaining batter on top. Bake 25 - 30 min. or till skewer comes out clean.



Cinnamon Bun Cookies

BY HELEN - 50+ CENTRE MEMBER

This is one of my family's favourite recipes! It only uses a few basic ingredients and isn't hard to make. My kids say Christmas wouldn't be the same without these on the dessert tray.

Ingredients:

1 cup butter or margarine
1 cup white sugar
4 cups flour
2 tsp. baking powder
a **pinch of salt**
1 tsp. vanilla
enough milk to make a soft dough

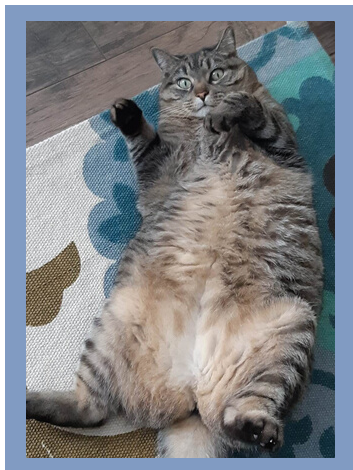
Directions:

Sprinkle flour on counter and roll dough out in a long strip. Brush butter (Marg.) on dough, then cover with thin layer of brown sugar and sprinkle with cinnamon. Roll up like a jelly roll then cut in 1/2 inch slices and put on greased cookie sheet. Bake at 350 deg. for 11 minutes.



Picture Perfect

Do you have a picture you would like to share? Your adorable pet, the most amazing sunset or sunrise you have seen, a beautiful item you have created or maybe some prize winning flowers you grew?



Meet Kitana

She is about 10 years old and has lived in 7 different houses. Her name is Kitana and she had 3 other previous owners before I adopted her 2 years ago.

Alex - Scrapbooking & Cardmaking Member



Meet Hailey

My great-granddaughter and her pet lion! Just kidding! She was at Orono Cat World and was excited and a bit scared to pet the lion cub.

Donna - 50+ Member

Just For Fun!

There are still sporting events taking place. Today I watched some birds fighting over worms.

The Blue Jays beat The Cardinals 3 - 1.

Go Blue Jays!

Where did the Terminator find toilet paper?
Aisle B, back.

Two old friends, Stan and Ted went to the movies. A few minutes after it started, Stan heard Ted rustling around on the floor under his seat. "What are you doing?" asked Stan. Ted replied "I had a caramel in my mouth, it dropped out and I can't find it." Stan told him to forget it because it would be dirty now.

"But I have to find it", said Ted,
"my teeth are in it!"

Hidden Picture

By Val Chadwick Bagley

Kimber loves to read her copy of the *Friend* as she rides the subway to school. Can you find the hidden things below?

