



Huff n' Puff Newsletter

“BECAUSE FOR US, LIFE IS NOT A SPECTATOR SPORT!”



NOTICE OF ANNUAL GENERAL MEETING

In accordance with our Constitution and By-laws, the Annual General Meeting of the Corporation of the Huff n' Puff Seniors Fitness Association will be held at Earl Nichols Arena, 799 Homeview Rd., London, ON N6C 5J4.

Wednesday, April 24, 2024 at 1:30 pm

1. Reading and approving the minutes of the 2023 Annual General Meeting.
2. Receiving and approving the Financial Statements.
3. Receiving Committee Reports.
4. Election of Officers.
5. Transacting other business that may properly come before the meeting.

Huff n' Puff succeeds due to the efforts and input of a lot of people LIKE YOU!

A Message from Our President

Playerz!

I have been through a few losses lately and with a knee injury as well, I have reawakened to the realization that I need to be taking advantage of, that is to get out to watch all our members who are participating in one or more of our 28 activities (not including our social activities that happen during the year). While having to watch is very discomfoting to me, it has made me realize how much fun we have.

Since our last newsletter issue, we have held a bus trip to Niagara Falls with a great dinner and a lights

tour, great value. Thanks Dianne and her team. Then we had our first Festive Dinner Dance in three years. The food was great, the music was fun and the only letdown I saw was that I wasn't able to dance all night like I used to, I guess I'm getting old like my grandkids say.

I am sure most of you realize we have gone through a hard stretch and we are not yet at the end of the changes needed to keep our organization successful but the rest should be more about our recovery than our need to regress. Thanks for sticking with us and I hope you agree with what comes next.

OUR MISSION

- To provide a means of friendly association for members aged 55 plus by providing a place for members of all levels of talent and ability to participate in the spirit of fair play and acceptance.
- To foster among the members a continuing fellowship and spirit of mutual helpfulness.
- To promote fitness, happiness and the well-being of the members through participation in various athletic, recreational and social activities.

CODE OF CONDUCT (POLICY 100-3)

Each member shall:

- a) Show general politeness to all concerned.
- b) Refrain from using profane language.
- c) Not use aggressive behavior.
- d) Follow all Middlesex London Health guidelines related to staying healthy and safe regarding communicable diseases and activities.

MEMBERSHIP (POLICY 100-1)

Membership Fees:

- a) Huff N' Puff memberships are for a 12-month period.
- b) If a member resigns within the 12-month period, the membership fee will be forfeited.
- c) Refunds will only be considered for extraordinary reasons at the discretion of the Huff N' Puff board.
- d) A service charge of five dollars (\$5.00) is applicable for every refund.

OUR BOARD MEMBERS...

President	Steve Holmes
Past President	Doug Anderson
VP Finance	Mike Hook
Debbie McNaughton Carol Stuebing Scott Harris	
VP Activities	Maureen McGauley
Norene Clancy Margaret Nihill Jack Witmer Rob Paterson Al Been Jane Been	
VP Social	Dianne Smale
Secretary	Mitch Lupa
Treasurer	Carol Stuebing
Membership	Debbie McNaughton
Directors	Al Been Rob Paterson Jack Witmer Jane Been Norene Clancy Margaret Nihill Scott Harris Tim Shortt Deb DesRoches

SOME OF OUR VOLUNTEERS...

Office Assistants	Linda Moore Linda Freeman
Newsletter Editor Assistant Treasurer Web Developer / IT	Deb DesRoches
Bus Trip Chair	Jim Hale
Debbie Brotzel Beth Schiks Dianne Smale	

EMPLOYED

Office Admin	Maureen Murphy
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Past Presidents...	In Memoriam...
Doug Anderson Steve Holmes John Slavin Barry Fay Etta Peake Bruce Greenaway Ed Loney	Keith Arnold Lorna Budge Doreen Davies Bernie Dunn Keith Lindsey Jarmila Skubnik Joanne Smith Brenda Watt

LIFETIME MEMBERS (ACTIVE)

Anderson, Doug
Beck, Hugh
Claxton, Helen
Clode, Sandie
Cosbey, Helen
Dadson, Norma
Daniels, Anne
Evanski, Tom
Falconer, Norma Jean
Fay, Barry

Foote, Jack
Gallagher, Elaine
Glew, Ralph
Grant, Edith
Haiselden, Kathy
Izumi, Janet
Leatherland, Max
Malik, Mike
Mason, Bill
Parker, Stan

Peake, Etta
Rader, Floyd
Scott, Ross
Slavin, Jan
Slavin, John
Smale, Dianne
Sutherland, Lloyd
Timbrell, Tom

ACTIVITY CALENDAR

All London Facilities are closed March 29 for Good Friday

Basic Activities						
Activity	Mondon	Tuesday	Wednesday	Thursday	Friday	Location
Bowling - 5 Pin					12:45	Fleetway
Bus Trips	Check website, Notice Boards or Newsletter					
Curling	9:30					Ingersoll
Curling			9:00		1:30	Ilderton
Cycling - 5 Groups	Call or email convenor for times and locations - information can be found on the website					
Golf (12 holes)					7:00-10:00	Crumlin Creek
Hockey (non contact)		9:00-12:00		9:00-12:00		Lon. Sports Pk
Snooker	9:00-11:30	9:00-11:30	9:00-11:30	9:00-11:30	9:00-11:30	Victory Legion
Surcharged Activities						
ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Location
Aerobics		8:30-9:45		8:30-9:45		CHOCC
		10:00-11:00		10:00-11:00		
Aquafit / Lane Swim	9:45-10:45		9:45-10:45			ELCC
Badminton	10:00-12:00	9:30-11:30		9:30-11:30		NLOCC
Ball Hockey		3:15-4:15			1:00-2:00	NLOCC
Basketball		10:00-11:30		10:00-11:30		Stronach
Bocce	1:00-3:00					Marconi Club
Carpet Bowling		9:30-11:30				CHOCC
Darts		1:00-3:00		1:00-3:00		Victory Legion
Horseshoes	9:30-12:00					McMahen Pk
Intermediate Tap Dance	11:30-12:30					Jo Read Studio
Jazzy Tappers	10:00-12:00					Jo Read Studio
			10:00-11:30			NLOCC
Line Dancing		1:00-2:00				CHOCC
Pickleball	8:00-10:00		3:30-5:30		8:00-10:00	NLOCC
Pickleball	2:30-4:30		8:30-10:30		8:30-10:30	Stronach
	7:30-9:30		7:30-9:30			SLCC
	8:00-10:00		3:30-5:30		8:00-10:00	CHOCC
Roller Skating			10:00-11:30			NLOCC
Singing		10:00-11:30				NLOCC
Slo-Pitch		9:00-11:00		9:00-11:00		Stronach
Slo-pitch; Bruce Greenaway Sr Rec		9:00-11:00		9:00-11:00		NL Athletic Fields
Table Tennis	1:00-3:00		1:00-3:00		1:00-3:00	CHOCC

Tennis	7:30-9:30	7:30-9:30		7:30-9:30		NLOCC
	1:30-3:30		1:30-3:30	1:30-3:30		
Volleyball (Recreational)		12:30-2:30		12:30-2:30		NLOCC
Volleyball (Sys positional)			12:30-2:30			NLOCC
Volleyball (Sys non-pos)		12:30-2:30		12:30-2:30		Stronach
Walk Fit	9:30-10:30		9:30-10:30		9:30-10:30	ELCC
Yoga	8:00-9:30		8:00- 9:30			CHOCC

*** Notifications of any time the facilities will be closed due to weather issues can be tracked at <https://london.ca/living-london/snow-updates>. If in doubt, check before leaving home.

Dates & times are subject to changes based on our contracts from the City of London. Check with our website for current updates; <http://huffnpuffsa.com>

You can download and print a full list of the Programme Schedule from the website.

SPRING ACTIVITY BRIEFING

Our winter programs are still in full swing and now our spring programs will be starting up.

AEROBICS - CHOCC (Surcharge)

Sep - Jun 13 - Tuesday & Thursday 8:30 - 11:00

Session 1; Linda Love (519) 659-3430
lilove@rogers.com

Session 2: Karen Morin (519) 681-2840
karen.d.morin@outlook.com

Aerobics is a great way to invest in your health by increasing your stamina and strength and reducing the risk of falls. All classes accommodate low, medium, or high impact levels. Everything you need is provided but you are welcome to bring your own mat and/or weights.

AQUAFIT / SWIMMING - ELCC (Surcharge)

Jan - Dec - Monday & Wednesday 9:45 - 10:45

Beth Schiks (519) 453-7645 schiks@sympatico.ca
Hazel Anderson (519) 225-2381
nan.granton@gmail.com

Come and join us at East Lions Community Centre. We swim on Mondays and Wednesday from 9:50 until 10:50. We have a great group of instructors who challenge us all the time. We have a half hour of Aquafit and a half hour of Lane Swimming or Free Swim.

BADMINTON - NLOCC (Surcharge)

Jan - Dec - Monday 10:00 - 12:00; Tuesday & Thursday 9:30 - 11:30

Lloyd (519) 317-7277 drib.1@hotmail.com
Keith (519) 859-1292 jk1488@hotmail.com

We have 6 badminton courts where we play "doubles" badminton. We have people of all levels of ability, from beginners to advanced. There are always friendly members willing to help "newbies" with basics and game play. We always have spare racquets available for those wishing to try out the sport before purchasing their own racquet. Come on out and enjoy this cardio-pumping exciting sport! Please remember to bring "court" shoes to play, as outside shoes are not permitted on the gymnasium floors.

BALL HOCKEY - NLOCC (Surcharge)

Oct - Apr; Tuesday 3:15 - 4:15; Friday 1:00 - 2:00

Terry Price (226) 448-2124 toplip@me.com

Turnout has been fantastic this year. If you are considering, please plan to arrive at the playing surface 10 minutes beforehand to make up teams. We play 6 players plus the goalie per side. You can be assured; this activity will give you an excellent cardio workout.

BASKETBALL- STRONACH (Surcharge)

Jan - Dec - Tuesday & Thursday 10:00 - 11:30

Tom Timbrell (519) 432-3069

Larry Little (519) 472-8911

Tuesdays and Thursdays 10:00 - 11:30 am We play 3 games, 30 minutes each, half court. Bring a dark shirt and a white shirt. We enjoy seeing everyone back on the court.

BOCCE - MARCONI CLUB (Surcharge)

Jan - Dec - Monday 1:00 - 3:00

Dave Baptie (519) 601-1058 j_baptie@yahoo.ca

Bocce is played at the Marconi Club at 120 Clarke Rd. London on Mondays from 1 to 3 p.m. You need to be a surcharge member to participate. Lots of room for new players.

BOWLING - 5 PIN - FLEETWAY (Basic)

Sep - Apr - Friday 12:45 - 3:15

Cost \$13 for 3 games

Dianne Smale (519) 457 6644

mamaboudreau@rogers.com

This is a fun league, non-competitive. You can rent bowling shoes at the desk. We look forward to seeing everyone in Sept.

CARPET BOWLING - CHOCC (Surcharge)

Sep - Jun - Tuesday 9:30 - 11:30

Doug Anderson (519) 317-0790 postiedoug@gmail.com

Much like indoor "lawn bowling", it is best played with friends using stealth, cunning and maybe a bit of luck to propel your team to victory. No previous experience is needed, and new participants are always welcome.

CURLING (Basic)**INGERSOLL**

Oct - Mar - Monday 9:00 - 11:30 am

Cost: \$13.00/game

Al and Jane Been (519) 644-2539 abeen@rogers.com

ILDERTON

Oct - Mar - Wednesday 9:00 - 11:00; Friday 1:30 - 3:30

Cost: \$13.00/game

Ken Foulon (519) 451-8046 kfoulon@rogers.com

David Schulz (519) 860-4205 dgschulz@gmail.com

Jerry Prosser (519) 670-1722 jpjerpro@gmail.com

Curling takes place in both Ilderton and Ingersoll and runs till late March. We are still looking for new curlers at Ingersoll and could use more spares at Ilderton, contact a convenor for more info. These are fun, non-competitive leagues. Come out and give it a try!

CYCLING (Basic)**Blazing Saddles**

Apr - Oct - Wednesday 9:30 - 12:00

John Brunet (519) 657-1957 brunetj200@gmail.com

Chain Gang

May 1 - Sep 30 - Wednesday 9 :00 am approx start time

Maureen McGauley (519) 666-2699

mmcgauley49@gmail.com

We will be starting our rides in May. At the moment, we have space for a few new riders. Rides are on Wednesday mornings, usually starting at 9 a.m. We ride on quiet mostly-paved roads for a distance up to 40 km in the counties around London . Hybrid bikes are recommended. Rides are organized and led each week by different participants. There will be an organizational meeting in April to start the schedule and share information. Please contact the convenor for further details

Pedal Pushers

May 1 - Oct 9 - Wednesday 9:30 - 12:00

Joe Chetcuti (519) 520-8595 joe.chetcuti@rogers.com

Pat Pallister (519) 860-7558 ppallister@yahoo.ca

The Pedal Pushers Cycling group is a cycling group that meets once a week on Wednesday morning from May till October. The rides are at a leisurely pace to enjoy the surrounding sites. with a break some were in the middle of the ride. If interested in joining contact me at joe.chetcuti@roger.com

Silver Spokes

May - Oct - Wednesday 9:30 - 12:00

Otto Finkenzeller (519) 667-2669

ottofinkenzeller@gmail.com

Silver Spokes cyclists are a diverse group of cycling enthusiasts. We ride approx. 30 kms on Wed. mornings from May to Sept. at an average speed of 15 kph. with one long refreshment stop and several shorter ones. About half our rides are on off-road trails in London and the others are within 1 and a ½ hr drive of London. We avoid riding on roads, but sometimes must in order to get from one trail to another. Before COVID, we did some overnight trips and hope to once again in the near future. Helmets are mandatory. New members are welcome.

Wheelie Awesome

Apr 29 - Sep 30 - Monday 9:30 - 12:00

Don Wilmot (519) 878-1463 dwilmot2@gmail.com

Our rides are all in London on paths with some street riding. Members of the group plan and lead the rides. Depending upon the route the person leading the ride has planned for that day. There may be more path riding than street riding or vice versa. The group often happily repeats some routes 3 times or more during a season. The average speed is around 15 km/hr and the distance is approx. 23-26 km. Rides are usually 2 - 2 ½ hrs. long. We have rest breaks during the ride as needed and when we reach the halfway point to turn back to our starting point, we have a short break to relax and socialize.

DARTS - VICTORY LEGION (Surcharge)

Jan - Dec - Tuesday & Thursday 1:00 - 3:00

Janice Kingswell (519) 452-3826
jankingswell@rogers.com

It's great to have everyone back after the holiday season. Darts is not a difficult activity and it is a good chance to meet new people, have some fun and laughs. A lot of us end up laughing at ourselves over the ridiculous scores we throw. It is best to have your own darts as the weights are different for each individual so come out and have some fun. It doesn't matter which you day come, but there is more room on Thursday.

GOLF - CRUMLIN CREEK (Basic)

(1720 Crumlin Sideroad)

May 10 - Sep 20 - Friday Tee blocks from 7:00 - 11:00

Deb McNaughton & Brian Sherry
huffnpuffgolf@gmail.com

Welcome to HnP Golf. We play 12-hole golf at Crumlin Creek every Friday from May 10 until Sept 20, although you can keep playing on Friday mornings as long as the weather holds up. Our time slot is 07:00 - 11am and you can choose your own tee off time. If you are new to HnP Golf please send an email to register. An email will be sent to last years members asking if they will be returning. You can play as competitive as you like, or play social, we don't judge and rules will fit your style either way. Green Fees and cart rental prices have not been set yet for 2024 so I will follow up with an email when fees are set.

HOCKEY - LONDON SPORTS PARK (Basic)

(99 Brookside St)

Oct - Mar - Tuesday & Thursday 9:00 - 12:00

Cost: \$520 - ice time for 2023/24 season.

Steve Holmes (519) 317-3324 hockeysteve@rogers.com

Wally Preston (519) 868-3032 w.preston1@hotmail.com

Canada's favorite sport, your way. Join 59 others in playing Hockey the way it should be, you pick a level you are comfortable with, we have a faster group and a more relaxed group who move a little slower, you pick. We play Tuesdays and Thursdays games at 9:00, 10:00 and 11:00. All our games are at London Sports Park, 99 Brookside. Most last Thursdays of the month are followed by a "Breakfast meeting" to discuss important issues.

HORSESHOES (Surcharge) - McMahan Park

May 6 - Aug - Monday 9:30 - 12:00

Jack Witmer (519) 652-3097 jwitmer@rogers.com
Dave Baptie (519) 601-1058 j.baptie@yahoo.ca

What a great way to start your week. Monday mornings at 9:30, from May to September. No experience necessary. Partners are randomly chosen each week. Sunscreen and a water bottle are recommended.

LINE DANCING (Surcharge) - CHOCC

Sep - Jun - Tuesday 1 :00 - 2 :00

Janice Newcombe (519) 671-7887
djnewcombe@rogers.com
Jean Fink

Tuesday 1:00-2:00 p.m. year-round Does music make your feet tap? Join us to learn quick, easy and some challenging dance steps to various types of music. Our instructor has a great program which exercises your mind and body. Everyone is welcome!

PICKLEBALL (Surcharge)

NLOCC

Jan - Dec - Monday & Friday 8:00 - 10:00; Wednesday 3:30 - 5:30

Norene Clancy (519) 933-4442 clancy5153@rogers.com
Walter Telewiak (519) 951-1884 telewiak@hotmail.com

If you have skills from Table Tennis, Badminton, Tennis or Squash then you will likely fit into Pickleball after you learn the rules. It is a great game that we all enjoy! People that have never played would benefit from instruction. While there is no longer any waiting list contact Norene Clancy beforehand so we can arrange to get you started.

SLCC

Sep - Jun - Monday & Wednesday 7:30 - 9:30

Linda Moore (519) 685-3665 moorelinday@gmail.com

STRONACH

Sep - Jun - Monday 2:30 - 4:40; Wednesday & Friday 8:30 - 10:30

Scott Harris (519) 317-0527

scottanddenise930@gmail.com

Lisa Fones (519) 281-2661 lisanna_fones@hotmail.com

Pickleball at Stronach continues to be a popular activity. Our numbers have risen over the past season like each of our sites, but everyone is working together to make the activity enjoyable for everyone. We look forward to welcoming new players.

CHOCC

Sep - Jun 17 - Monday & Friday 8:00 - 10:00; Wednesday 3:30 - 5:30

Tim Shortt (226) 973-5013 tdshortt@gmail.com

Ray Horban (519) 438-8919 rayh1812@gmail.com

We have some good players and good games at Carling Heights, and are fortunate that we can divide our space, one side for more neighbourly play, the other side for more competitive.

ROLLER SKATING - NLOCC (Surcharge)

Jan - Dec - Wednesday 10:00 - 11:30

Germ Weymouth (519) 872-9142

rweymouth@sympatico.ca

We just want to let you all know that there is still roller skating even during the summer months on Wednesdays from 10:00 till 11:30 a.m. at the NLOCC 1345 Cheapside St. Come out and skate to the best 50's, 60's, and 70's music around, played by none other than D.J. "GERM". For more information contact N.L.O.C.C. or come out and talk to "GERM".

SINGING - NLOCC (Surcharge)

See Entertainment Groups for more information.

SLO-PITCH (Surcharge)**STRONACH**

Kathy McArthur (519) 636-8668

2kmcArthur@rogers.com

BRUCE GREENAWAY SENIOR RECREATIONAL SLO-PITCH - NLAFF

May - Sep - Tuesday & Thursday 9:00 - 11:00

Bev Rainhard (519) 457-0772 brainhard7@gmail.com

SNOOKER - VICTORY LEGION (Basic)

Oct - Apr - Monday to Friday 9:00 - 11:30

Cost: \$2.00 per day

Joe Lampman (519) 453-1866

We start at 9 -11:30 a.m. Monday to Friday until April 15. At the present time, we need players on Tuesday and Thursday the most. Please call Joe Lampman if interested in playing in the Fall so he can make the schedule.

TABLE TENNIS - CHOCC (Surcharge)

Sep - Jun - Monday, Wednesday & Friday 1:00 - 3:00

Henry Leparskas (519) 472-5004

hleparskas@gmail.com

Ray Horban (519) 438-8919 rayh1812@gmail.com

We are playing at CHOCC on Mon., Wed. & Fri. from 1.00 to 3.00 p.m. There is always room for more players regardless of the level of your play, and there is no waiting to get a game. Usually we play doubles, but you can play singles if you prefer. We are following the current table tennis rules with games to 11 & 2 serves. If you are not familiar with playing doubles, people will be glad to help you. You will find the table tennis group very welcoming, so come out and enjoy!

JAZZY TAPPERS (Surcharge)

Jo Read Jan - Dec - Monday 10:00 - 12:00

NLOCC Jan - Dec - Wednesday 10:00 - 11:30 (practice only)

Janet Izumi (519) 660-8744 jizumi9@outlook.com

The Jazzy Tappers is a class for experienced tap dancers. We are in the midst of learning a challenging new dance. It has been rewarding to return to entertaining at care homes and retirement homes. The class is currently not accepting new members due to space limitations.

INTERMEDIATE TAP (Surcharge) - Jo Read Studios

Sep - Jun - Monday 11:30 - 12:30

Sally Gaverluk (519) 642-3267

sally.gaverluk@icloud.com

Barb Pederson (519) 200-9754 bped29@gmail.com

Mon 11:30 am - 12:30 pm

Tap dance is a great way to exercise your mind and body while having fun! This group suits those who have had some dance experience. Those with no previous tap experience are welcome to try the class, but there will be minimal in-depth teaching of the basic steps. Our talented dance instructor will teach you

various dance routines. Tap shoes are required. There is an additional fee charged at the beginning of each five-month session in September and February. Please contact Sally or Barb for more information.

TENNIS (Surcharge) - NLOCC

AM Session; Jan - Dec - Monday, Tuesday, Thursday 7:30 - 9:30

Lloyd Sutherland (519) 317-7277 drib.1@hotmail.com

Ron Keir (519) 660-0236 Keirj@rogers.com

PM Session; Jan - Dec - Monday, Wednesday & Thursday - 1:30 - 3:30

John Huysmans (519) 649-6494

johnhuysmans@hotmail.com

Arnold Welmers (519) 702-4893 a.welmers@icloud.com

Lloyd Sutherland (519) 317-7277 drib.1@hotmail.com

We have a great group of players, and our priority is to have fun both on and off the courts. Again, I would like to take this opportunity to thank all those that have helped out over the past months to make our job as convenors much easier. Anyone requiring information regarding afternoon tennis call John Huysmans, and for morning tennis call Lloyd Sutherland.

VOLLEYBALL (Surcharge)

Recreational - NLOCC

Oct - Apr - Tuesday & Thursday 12:30 - 2:30

Jack Witmer (519) 652-3097 jwitmer@rogers.com

Mike Hook (226) 777-7561 mikehook@outlook.com

The entry point for all volleyball players. The convenor sets up new, random teams for each session. The style of play is for the front middle person to be the setter. We encourage 3 hits to allow for maximum participation. Once a month, "3-hit" days may be implemented.

System Non-Positional - STRONACH

Oct - Apr - Tuesday & Thursday 12:30 - 2:30 pm

Willie (Bob) Wilson (519) 936-2407

rgwilson@rogers.com

Tracy Weaver (519) 660-4297 tcweaver04@hotmail.com

Coed teams are formed. The style of play is "system play" with the "Setter" in the front right position and

utilizes the same defensive style as the Wednesday system. This is for players with average skills, mobility, and willingness to follow guidelines to learn.

Positional Specialization - NLOCC (Wed)

Oct - Apr - Wednesday 12:30 - 2:30

Jack Witmer (519) 652-3097 jwitmer@rogers.com

Mike Hook (226) 777-7561 mikehook@outlook.com

This volleyball utilizes a system of specialized positions, commonly known as "6-2 volleyball". It is suited to players of above-average mobility and skills (passing, setting, hitting) who want to play at a higher level than on Tuesdays and Thursdays. Contact the convenors to see if you are suitable to play on Wednesdays.

WALK-FIT PROGRAM - ELCC (Surcharge)

Sep - Jun - Monday, Wednesday & Friday 9:30 - 10:30

Lynda McGregor (519) 280-1776

jimandynda@rogers.com

Brenda Roelofsen (519) 453-0706

brendajoycer@yahoo.com

An excellent program to help us improve or maintain our strength, balance, and mobility. We use hand weights and resistance bands during this class, combining walking and standing intervals. All levels of fitness are welcome. Our instructor is Sue Jordan.

YOGA - CHOCC (Surcharge)

Sep - Jun 12 - Monday & Wednesday 8:00 - 9:30

Penny Hemingway bobyipfamily@sympatico.ca

Kathryn Cary (519) 439-6821 kcarey.kc@gmail.com

Achieve general well being, mentally and physically with the practice of YOGA. Our teachers will lead you through meditation and breath control, while guiding you in gentle exercise. Improve flexibility, balance, strength, and endurance. Leave each class feeling calm and energized.

Open to men and women of all abilities. No previous experience required. Bring a mat and a positive attitude. *Namaste!*




*Our Convenors are the backbone of our organization.
They do a great job of organizing and running activities in Huff n' Puff SFA..
When you get a minute, thank them for their efforts!*

ENTERTAINMENT GROUPS

The Merry Makers and Jazzy Tappers are back to entertaining at Long Term Care and Retirement Homes. It's great to be performing in front of an audience again!

For more information about joining one of the groups, call the convenor as listed below. You will enjoy a fulfilling opportunity to give back to the community and have some fun.

Entertainment Group Convenor - Catherine Nolan (519) 872-6217 nolan4dut@hotmail.com

SWINGING SENIOR LINE DANCING - CHOCC	SINGERS - MERRY MAKERS - CHOCC	JAZZY TAPPERS - JO READ STUDIO & NLOCC
<p>Connie Willis (519) 204-0527 Tuesday 1:00 - 2:00 pm</p> <p>The Swinging Senior Line Dancers are a small but mighty group who enjoy entertaining at Long Term Care Homes and Adult Day Programmes. There is no charge for practice sessions, but you must be a surcharge member. Come and enjoy this musical way to exercise, both your brain and your body. Call Connie for more information.</p> 	<p>Lois Newbould (226) 234-8368 locherv40@gmail.com</p> <p>Tom Evanski (519) 649-6561 Email: motiksnav@hotmail.com</p> <p>Practice every Tuesday 10:00 - 11:30 am</p> <p>Anyone who is a current surcharge member of Huff N' Puff is welcome to join our waiting list. We have a group of people who appreciate singing and enjoy the company of each other. This group is now approximately 32 singers.. We are just starting to get back to entertaining people in nursing homes, retirement homes, and other venues.</p> <p>No charge involved, just be a surcharge member of Huff N' Puff. For more information, please give me a call or send me an email to get on the waiting list.</p> 	<p>Janet Izumi (519) 660-8744 (Dance Captain) jizumi9@outlook.com</p> <p>Lesson/practice Mon. 10:00 a.m.-12:00 pm at Jo Read Dance Studios</p> <p>Practice Wed. 10:00 a.m.-12:00 pm at NLOCC Cost: Determined twice a year</p> <p>This class is for experienced tappers who love to exercise while having fun dancing and entertaining others. The class is currently full due to limited space. Call Janet Izumi for any inquiries.</p> 



London Senior 55+ Games:

The London 55+ Games will hold summer events in May & June. They will be followed by the Southwest Regional Games, next door in District 29 on a date TBD. All Londoners aged 55+ are welcome to play in 20+ events & everybody is welcome to help with admin, tech & advertising.

Check us out at: <https://district30.osga55plus.ca/>

& follow us on Facebook: <https://www.facebook.com/Londonseniorgames/>

Huff n' Puff WebStore
Active Sportswear and Equipment

The Huff n' Puff online webstore features a huge selection of sportswear and equipment! Everything from shirts, caps, sweats, winter wear, to badminton racquets, pickleball paddles and much, much more, all at very affordable prices!

Show your pride by showing off your Huff n' Puff sportswear!

For more information contact:
Lloyd Sutherland drib.1@hotmail.com
or text message to 519-317-7277
or visit the store website at
<https://huffnpuffsfa.com/hnpwebstore>

LONDON FACILITIES
<p>NLOCC North London Optimist Community Centre 1345 Cheapside Street N5V 3N9</p>
<p>CHOC Carling Heights Optimist Community Centre 656 Elizabeth Street N5Y 6L3</p>
<p>SLCC South London Community Centre 1119 Jalna Boulevard N6E 3B3</p>
<p>STRONACH Stronach Community Recreation Centre 1221 Sandford Street N5V 2J8</p>
<p>ELCC East Lions Community Centre 1731 Churchill Ave N5W 5P4</p>

3 TIPS FOR TODAY:

1. BE PASSIONATE ABOUT SOMETHING BIGGER THAN YOURSELF. IT INSPIRES GROWTH.
2. BE PROACTIVE ABOUT YOUR DREAMS. STOP WAITING, GET STARTED.
3. BE PATIENT WITH PEOPLE. GIVE THE LOVE YOU WISH TO RECEIVE.

Reflect

Check in with yourself.

- How are you feeling?
- What would improve your day?
- Plan something positive for yourself.

INFORMATION TOURS FOR PROSPECTIVE MEMBERS

If you wish to learn more about the Huff n' Puff Association, a tour is a great way to get information. The tours would be held at NLOCC. One of our members is willing and able to explain the "Ins and Outs" of the Association and conduct a tour of the building. Give the office a call to book a tour.

MEMBERSHIP & RENEWAL

Applications can be paid for by cheque at our office, when they are open; mailed in, or dropped in mailboxes provided at either NLOCC, CHOCC and ELCC. Debit is also available at the office. Etransfer is available for renewals only.

Basic Membership \$55 / yr. Basic activities only

Full Membership \$150 / yr. Basic + surcharged activities

Admin Fee \$5 on joining or rejoining

AGE REQUIREMENT

55 years and over in the year of joining.
The spouse of a member will be eligible to join in the year s/he becomes fifty (50) years of age and her/his application for membership has received the approval of the Board of Directors

POLICY OF GUESTS

Due to liability concerns, you must be a member to participate in any activity. *Guests are not allowed under any circumstances except for social events.*

JUST A REMINDER

We recommend that Huff n' Puff SFA members use "No Scents" out of respect those around us who may have allergies and/or be affected by your perfumes, etc. Thank you for your consideration.

Keep in Touch

Check out our website and facebook page and put them in your favourites. On this website, you can download the latest newsletter and Programme Schedule. Prospective members can also download an application form. Plus, lots more information can be found.

<https://huffnpuffsfa.com>
facebook.com/huffnpuffsfa

Reach us by Email

Office: office@huffnpuffsfa.com (Maureen Murphy)
President: president@huffnpuffsfa.com (Steve Holmes)
Treasurer: treasurer@huffnpuffsfa.com (Carol Stuebing)
Newsletter: newsletter@huffnpuffsfa.com (Deb DesRoches)
Activities: activities@huffnpuffsfa.com (Maureen McGauley)

Office Location:

NORTH LONDON OPTIMIST COMMUNITY CENTRE > 1345 CHEAPSIDE STREET > LONDON, ONTARIO N5V 3N9
PHONE: (226) 663-5500
HOURS: MONDAY AND FRIDAY 9:30 AM - 2:00 PM

Happy Spring



Wishing Everyone a Safe and Happy Easter!!

From the Huff N' Puff SFA Board and Members

This Newsletter is designed by Deb DesRoches newsletter@huffnpuffsfa.com and is available on our website (<https://huffnpuffsfa.com/>) and Facebook (<https://www.facebook.com/huffnpuffsfa/>) pages

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