



Huff n' Puff Newsletter

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



A Message from Our President

Playerz! This is my regular greeting in emails I send out to ice hockey program participants of which I convene with the help of my co-convenor Wally Preston and I think it is appropriate here in the newsletter as I address all the “Players” of all our 30 + activities, so I think I will use it here from now on.

First thank you to those who saw fit to return me to the helm, I will try to “keep her off the shoals” and a huge thank you to the directors and volunteers who are not returning, the organization will miss your help.

To Doug Anderson, you have been great for this organization and worked hard to keep the pandemic from ruining the place, thanks!

Sandie Clode, your tireless toil over the minutes and newsletters has not gone unnoticed. We all thank you (and my Mom says hi!).

Elaine Gallagher, your direction in the activities portfolio has been stellar and we will miss you and we wish you well.

Linda Freeman, Beth Schicks and Gord Stewart (alphabetical order), each of you showed great leadership and put in a lot of time to keep this place running and I thank you all.

We ran into an availability problem this summer as the City moved some of their summer youth programs indoors which used up some of our times, while several

programs were able to find alternatives some just had to be suspended for the summer.

By the time this reaches you we will have had our usual Huff N Puff Picnic at 3M field. For those of you who attended I hope you enjoyed it. For those of you who missed it, I hope to see you next year.

The Christmas dinner and Dance is on for this year Dec 14th at the Hellenic Community Centre. In the past tickets went early and I expect there are a lot of people out there eager for a social gathering and it might sell out quickly.

Keep active and social.
Steve Holmes

Message from the Editor

I would like to give a big shout out to Sandie Clode for her 17 years as Newsletter Editor. She has done such a spectacular job over the years. As you can see, I wanted to start with a whole new look. You will receive a pared down version of the Newsletter by Email, with a link to a full version on our website. There will be, of course, an option to “unsubscribe” from the email (but why would you want to miss all the latest news).

Deb DesRoches / Newsletter Editor
newsletter@huffnpuffsfa.com

OUR BOARD MEMBERS...

President	Steve Holmes
VP Finance	Mike Hook
Debbie McNaughton Carol Stuebing	
VP Activities	Maureen McGauley
Norene Clancy Margaret Nihill Jack Witmer	
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Debbie Brotzel Beth Schiks Dianne Smale	
All our Activity Convenors (see Activities section)	

Past Presidents... Doug Anderson Steve Holmes John Slavin Barry Fay Etta Peake Bruce Greenaway Ed Loney	In Memoriam... Peter Gill Don Hutton Nancy McAlpine John Fryer Butch Luscombe Esther Martineau Fred Gryszczuk Bev Topham Chuck Bonello
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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://huffnpuffsf.com>

<facebook.com/huffnpuffsf>

Reach us by Email...

Office: office@huffnpuffsf.com (Maureen Murphy)

President: president@huffnpuffsf.com (Steve Holmes)

Treasurer: treasurer@huffnpuffsf.com (Carol Stuebing)

Newsletter: newsletter@huffnpuffsf.com (Deb DesRoches)

Office Location:

North London Optimist Community Centre > 1345 Cheapside Street > London, Ontario N5V 3N9

Phone: (226) 663-5500

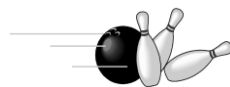
Hours: Monday and Friday 9:30 am - 2:00 pm

ACTIVITY CALENDARS

A complete *printable* listing can be downloaded from our website at:

<https://huffnpuffsf.com/documents/Programme%20Schedule.pdf>

Activities Outside City Facilities				
Sept Oct Nov				
Monday	Tuesday	Wednesday	Thursday	Friday
				Bowling - Fleetway 12:45 - 2:30 pm Start day - Sept 8
Curling - Ingersoll Curling Club 9:00 - 11:30 Start Date; Oct 16		Curling - Ilderton Curling Club 9:00 - 11:00		Curling - Ilderton Curling Club 1:30 - 3:30 pm
				Golf - Crumlin Creek Golf Club 7:00 - 10:00 tee blocks Green fees \$22 Last day - Sept 22
	Hockey - London Sports Park 9:00 - 12:00 Ice time fee \$500		Hockey - London Sports Park 9:00 - 12:00 Ice time fee \$500	
Lawn Bowling - Elmwood Lawn Bowling Club 10:00 am - 12:00 pm 7:00 pm - 9:00 pm Last day - Sept 29		Lawn Bowling - Elmwood Lawn Bowling Club 10:00 am - 12:00 pm 7:00 pm - 9:00 pm Last day - Sept 29		Lawn Bowling - Elmwood Lawn Bowling Club 10:00 am - 12:00 pm 7:00 pm - 9:00 pm Last day - Sept 29
Snooker - Victory Legion 9:00 - 11:30 \$2 table charge Start day - Oct 2	Snooker - Victory Legion 9:00 - 11:30 \$2 table charge Start day - Oct 2	Snooker - Victory Legion 9:00 - 11:30 \$2 table charge Start day - Oct 2	Snooker - Victory Legion 9:00 - 11:30 \$2 table charge Start day - Oct 2	Snooker - Victory Legion 9:00 - 11:30 \$2 table charge Start day - Oct 2
Cycling - Wheelie Awesome 9:30 - 12:00		Cycling - Silver Spokes Chain Gang Pedal Pushers Blazing Saddles 9:30 - 12:00	Call or email convenor for time/locations Ending in October - weather permitting	
Bocce - Marconi Club 1:00 - 3:00				



Carling Heights Optimist Community Centre (CHOCC)
Sept Oct Nov

Monday	Tuesday	Wednesday	Thursday	Friday
	Aerobics 8:45 - 9:45 Aerobics 10:00 - 11:00		Aerobics 8:45 - 9:45 Aerobics 10:00 - 11:00	
	Carpet Bowling 9:30 - 11:30			
Pickleball 8:00 - 10:00 Exclude Sep 4, Oct 9		Pickleball 3:30 - 5:30		Pickleball 8:00 - 10:00
		Shuffleboard (Oct 4 start) 10:30 - 12:30		
	Singing 10:00 - 11:30			
				Tai Chi 9:30 - 10:30
Table Tennis 1:00 - 3:00 Exclude; Sep 4, Oct 9		Table Tennis 1:00 - 3:00		Table Tennis 1:00 - 3:00
Yoga 8:15 - 9:30 Exclude: Sep 4, Oct 9		Yoga 8:15 - 9:30		
	Line Dance 1:00 - 2:00			

East Lions Community Centre (ELCC)
Sept Oct Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Aquafit / Lane Swim 9:45 - 10:45 Exclude: Sep 4, Oct 9		Aquafit / Lane Swim 9:45 - 10:45		
Walk Fit 9:30 - 10:30 Exclude: Sep 4, Oct 9		Walk Fit 9:30 - 10:30		Walk Fit 9:30 - 10:30

South London Community Centre (NLOCC)
Sept Oct Nov

Monday	Tuesday	Wednesday	Thursday	Friday
	Yoga 7:30 - 9:00			Yoga 7:30 - 9:00 Exclude Sep 1
	Badminton 9:00 - 11:00		Badminton 9:00 - 11:00	
Pickleball 7:30 - 9:30 Exclude: Oct 9		Pickleball 7:30 - 9:30		

North London Optimist Community Centre (NLOCC)
Sept Oct Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton 10:00 - 12:00 Exclude: Sep 4, 11, Oct 9,	Badminton 9:30 - 11:30 Exclude: Sep 12		Badminton 9:30 - 11:30 Exclude: Sep 14	Badminton 10:00 - 12:00 Exclude: Sep 8, Nov 24
	Ball Hockey 1:00 - 2:00 Start Date: Oct 3			Ball Hockey 1:00 - 2:00
Pickleball 8:00 - 10:00 Exclude: Sep 4, 11, Oct 9		Pickleball 3:30 - 5:30 Exclude: Sep 13		Pickleball 8:00 - 10:00 Exclude: Sep 8, Nov 24
		Roller Skate 10:00 - 11:30 Exclude: Sep 13		
		Tap Dance 10:00 - 12:00		
	Volleyball 12:30 - 2:30 Start Date: Oct 3	Volleyball 12:30 - 2:30	Volleyball 12:30 - 2:30	
	Squash (Crt 1) 8:00 - 10:00 Squash (Crt 2) 8:00 - 10:15		Squash (Crt 1) 8:00 - 10:00 Squash (Crt 2) 8:00 - 10:15	
Tennis 7:30 - 9:30 Tennis 1:30 - 3:30 Exclude: Sep 4, Oct 9	Tennis 7:30 - 9:30 Tennis 1:30 - 3:30	Tennis 7:30 - 9:30 Tennis 1:30 - 3:30	Tennis 7:30 - 9:30 Tennis 1:30 - 3:30	

Stronach Community Centre
Sept Oct Nov

Monday	Tuesday	Wednesday	Thursday	Friday
	Basketball 10:00 - 11:30 Start Sep 26		Basketball 10:00 - 11:30 Start Sep 28	
Pickleball 2:30 - 4:30 Start Sep 25 Exclude: Oct 9		Pickleball 8:30 - 10:30 Start Sep 27		Pickleball 8:30 - 10:30 Start Sep 22
	Volleyball 12:30 - 2:30 Start Oct 3		Volleyball 12:30 - 2:30 Start Oct 5	
	Slo-pitch 9:00 - 11:00 Last Day: Sep 26		Slo-pitch 9:00 - 11:00 Last Day: Sep 28	

***** 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://huffnpuffsfafa.com>

FALL ACTIVITY BRIEFING

Our fall programs are starting up, while some of the year-round activities are simply continuing.

AEROBICS - CHOCC (Surcharge)

8:45 Session Linda Love (519) 659-3430

ljlove@rogers.com

10:00 Session Karen Morin (519) 681-2840

karen.d.morin@outlook.com

Aerobics is a great way to improve your overall health. We supply weights and mats, or you can bring your own. The classes are very popular so please check with a convenor before starting to be sure there is room for you in a class. If there is, you can attend the 8:45 or 10:00 a.m. class, not both. There will be no classes in July or August.

AQUABICS / SWIMMING - ELCC (Surcharge)

Beth Schiks (519) 453-7645 schiks@sympatico.ca

Hazel Anderson (519) 225-2381

nan.granton@gmail.com

Mon & Wed 9:50 - 10:50 am

Come enjoy swimming with us. The first half hour is *Aquafit*, and the second half hour is *lane swimming* and/or *free swim*. Great way to exercise in a fun location. Our regular instructor is Laura, who motivates us to do our best. Come and join us for a great way to keep fit.

BADMINTON (Surcharge)

NLOCC

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

Keith (519) 859-1292 jkl488@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.

SLCC - Tue & Thurs 9:00 - 11:00 am

Dennis Frank (519) 619-8804

dennis.frank1957@icloud.com

Don Gidley (519) 697-6828 acmeanimal@icloud.com

Come out and play.

BALL HOCKEY - NLOCC (Surcharge)

Tom Corbett (519) 433-7993 tomcorbett49@gmail.com

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

Turnout has been fantastic this year, but we can still take on 1 or 2 more. If you are considering, please plan to arrive at the playing surface 10 minutes beforehand as we are nearing maximum. We play 6 players plus the goalie per side. We will cap the maximum to 20 players, based on arrival order. That would give each side 3 spares. You can be assured; this activity will give you an excellent cardio workout.

BASKETBALL- STRONACH (Surcharge)

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)

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

Mon 1:00 - 3:00 pm

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)

Dianne Smale (519) 457 6644

mamaboudreau@rogers.com

Fri 12:45 - 2:30 pm

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)

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

Tue 9:30 - 11:30 am

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 - Monday; 9:00-11:30 am

Cost: \$13.00/game

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

Start date; Oct 16

ILDERTON - Wednesday - 9:00 am; Friday - 1:30 pm
Cost: \$13.00

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

Curling takes place in both Ilderton and Ingersoll starting the week of October 16 and runs to late March. We encourage new curlers and could use more spares at both locations. These are fun, non-competitive leagues. Come out and give it a try!

Sign-up sheet will be available at the Huff n Puff office starting September 25th.

NOTE: Refresher and new curler clinics are available at the Ilderton Curling club at the start of the season. Small fee. Information available on their website at ildertoncurlingclub.com

DARTS - VICTORY LEGION (Surcharge)

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

Tue & Thur 1:00 - 3:00 p.m. year round

We really need players for Thurs. afternoon so come out and have some fun with us. Many thanks to Susan for standing in for me when I can't be there.

HOCKEY - LONDON SPORTS PARK (Basic)

Steve Holmes (519) 317-3324 hockeysteve@rogers.com
Wally Preston (519) 868-3032 w.preston1@hotmail.com
99 Brookside St. Cost: \$500 - ice time for season.
Tue & Thur 9:00 am - 12:00 pm

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.

LINE DANCING - CHOCC

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

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 Norene Clancy (519) 933-4442
clancy5153@rogers.com

Walter Telewiak (519) 951-1884 telewiak@hotmail.com

It is so good for the NLOCC pickleball players to resume play after the pandemic. This summer we had a picnic at the Wildwood sailing club to which 30+ players were able to come. Thanks to Frank Hlodan for arranging the location. A potluck plus hamburgers, chicken burgers and hotdogs. Lots of great food brought by all!

Games were arranged by Tracy Weaver including one game where you had to catch the Pickleball with a pail on your head. Lots of fun!

We have nearly caught up our waiting list so will start to take new people on it but be prepared for a long wait.

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

Peter Lukasik (519) 680-3959 pklukasik@gmail.com

SLCC Pickleball runs year-round every Monday and Wednesday morning 7:30-9:30 AM in the South London Community Centre. We have only 3 courts for our use for 30 players, and therefore, have an active wait list.

STRONACH Scott Harris (519) 317-0527
scottanddenise930@gmail.com

Mon, 2:30 - 4:30 pm; Wed, Fri 8:30 - 10:30 am

Pickleball at Stronach continues to be popular. Even though we were interrupted this past summer many of the players continued to meet throughout the summer at the East Lions CC in addition to the extra time we got at NLOCC. Unfortunately, the popularity of Pickleball continues to create demand exceeding our capacity so wait lists are still in place. When we return to Stronach in September I will be reevaluating our attendance, and hopefully, inviting some new players to play. As always, have fun and we will see you on the courts.

CHOCC Tim Shortt (226) 973-5013 tdshortt@gmail.com
Ray Horban (519) 438-8919 rayh1812@gmail.com
Mon & Fri 8:00 - 10:00 am; Wed 3:30 - 5:30 pm

Despite adding our eight courts and around 100 roster spots in January, demand to play pickleball with Huff n' Puff remains tight. We're now full for our resumption of play in September. 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. Anyone looking to join us would do their best to contact the convenors directly - we'll let you know when we see any new openings.

ROLLER SKATING - NLOCC (Surcharge)

Germ Weymouth (519) 872-9142

rweymouth@sympatico.ca

Doug Chaplin (519) 434-0848 chaplindr@pppoe.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".

SHUFFLEBOARD (FLOOR) - CHOCC (Surcharge)

Looking for Convenor

Wednesday 10:30 a.m. to 12:30 p.m. October-April. This activity started back in January. This is not a difficult activity, so come give it a try and have some fun.

SNOOKER - VICTORY LEGION (Basic)

Joe Lampman (519) 453-1866

Monday to Friday - 9:00-11:30 am Cost: \$2.00 per day

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.

SQUASH - NLOCC (Surcharge)

Ash Goela (519) 850-7673 ashokgoela@hotmail.com

We always welcome additional players with open arms, to be more competitive and increase awareness of the sport along with fun.

TABLE TENNIS - CHOCC (Surcharge)

Hugh Beck (519) 471-5728 h.becksr@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!

T'AI CHI - CHOCC (Surcharge)

Ed Condon edcondon@me.com

Jean Fink shelaghfink@hotmail.com

T'ai Chi is an ancient Chinese martial art. It is a slow meditative form of exercise that increases flexibility in

both mind and body. Tai Chi combines postures and movements inspired by the natural world into forms which are learned and practiced over a lifetime. The practice of T'ai Chi reduces stress, tones muscles, massages joints, improves balance and much more. There will be a "Beginners" group and a "Returnees" group starting in fall 2023. No experience is necessary to participate in the "Beginners" group. The "Returnees" will focus on refining what was learned in the previous year and learning new sets.

TAP DANCE - INTRO - Jo Read Studios (Surcharge)

Sally Gaverluk (519) 642-3267

sally.gaverluk@icloud.com

Barb Pederson (519) 472-1396 bped29@gmail.com

Mon 11:15 am - 12:15 pm

Tap dance is a great way to exercise your mind and body while having fun! Our talented dance instructor will teach you various dance routines. Tap shoes are required. Open to women and men of all abilities. No dance experience is required. We meet on Mondays from 11:15 a.m.-12:15 p.m. There is an additional fee charged at the beginning of each five-month session. Please call Sally or Barb for more information

TENNIS--COURT - NLOCC

Morning Session Lloyd Sutherland (519) 317-7277

drib.1@hotmail.com

Afternoon Session John Huysmans (519) 649-6494

johnhuysmans@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)

Senior Recreational - NLOCC (Tue & Thur)

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

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

Co-ed teams are created by the convenor each session. The style of play is to have the person in the middle front row "set" and players will be encouraged to use THREE hits per team to allow MORE participation. Once a month "3 hit" games will be used to instill this concept and encourage team play.

System Non-Positional = STRONACH (Tue & Thur)

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)

Jack Witmer (519) 652-3097 jwitmer@rogers.com
Mike Hook (226) 777-7561 mikehook@outlook.com

This volleyball utilizes a positional specialization system. It is suited to players who are interested or familiar with playing in a system, have good skills and want to play at a fast pace. A good concept of basic skills (passing, setting, hitting) and mobility is required. Contact the convenors to see the style of play and skill level played at these locations.

WALK-FIT PROGRAM - ELCC (Surcharge)

Lynda McGregor (519) 280-1776
jimandynda@rogers.com
Brenda Roelofsen (519) 453-0706
brendajoycer@yahoo.com
Mon, Wed & Fri 9:30 - 10:30 am

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 (Surcharge)

CHOC Penny Hemingway bobyipfamily@sympatico.ca
Teacher; Sara Ellis
Mon & Wed 8:15 - 9:30 am

SLCC Kathryn Carey (519) 439-6821
kcarey.kc@gmail.com
Michel Pepin (519) 439-9340 mpepin558@gmail.com
Teacher; Ekaterina Nikoforova
Tue & Fri 7:30 - 8:45 am

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!

Some of our Spring/Summer activities are still going for the Fall (see Activity Calendars):

CYCLING GROUPS (Basic):

Pedal Pushers; Joe Chetcuti (519) 520-8595 joe.chetcuti@rogers.com Pat Pallister (519) 860-7558 Final day Oct 4
Silver Spokes; Otto Finkenzeller (519) 667-2669 ottofinkenzeller@gmail.com
Chain Gang; Maureen McGauley (519) 666-2699 mmcgauley49@gmail.com .
Blazing Saddles; John Brunet (519) 657-1957 brunetj200@gmail.com
Wheelie Awesome; Don Wilmot (519) 878-1463 dwilmot2@gmail.com

GOLF - CRUMLIN CREEK (Basic) (1720 Crumlin Sideroad)

Deb McNaughton & Brian Sherry huffnpuffgolf@gmail.com Final day Sept 22

HORSESHOES - McMAHEN PARK (Surcharge) (640 Adelaide St., N)

Jack Witmer (519) 652-3097 jwitmer@rogers.com Dave Baptie (519) 601-1058 j.baptie@yahoo.ca
Mon 9:30 am - 12:00 pm Final day Aug 30

LAWN BOWLING - ELMWOOD LAWN BOWLING CLUB (Basic) (17 ½ Edward St)

Jack Foote (519) 471-0178 dfoote@sympatico.ca
Mon, Wed, Fri 10:00 to 12:00 and 7:00 to 9:00 pm > Cost; \$200/person

SLO-PITCH - STRONACH (Surcharge)

Kathy Haiselden (519) 657-7432 John Slavin (519) 686-9926 johnslavin2@gmail.com

BRUCE GREENAWAY SENIOR RECREATIONAL SLO-PITCH - NORTH LONDON ATHLETIC FIELD (Surcharge)




Mike Ikeda (226) 663-8495 ikedam@rogers.com Bev Rainhard (519) 457-0772 brainhard7@gmail.com

ENTERTAINMENT GROUPS

The three Entertainment Groups, the Swinging Senior Line Dancers, the Merry Makers and the Jazzy Tappers are gearing up for another busy time. We are eager to begin performing once again at long-term care homes, retirement homes, adult day programmes, and churches. If there are any suggestions for where the groups might perform in 2023/24, please let us know.

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 - Irene Rusnell irerus@rogers.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>Janet Slavin (519) 686-9926 Email: janetslavin2@gmail.com</p> <p>Tom Evanski (519) 649-6561 Email: motiksnave@hotmail.com</p> <p>Jo-Anne Brady - Assistant Instructor</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 that grew from the original 4 singers. We are just starting to get back to entertaining people in nursing homes, retirement homes, and other venues. 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>Mon. 10:00 a.m.- 12:00 pm at Jo Read Dance Studios</p> <p>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> 

SOCIAL EVENTS

Sunday Socials

TBA - see web site for further updates.

Friday Night Dances

TBA - see web site for further updates.

Bus Trips

TBA - see web site for further updates.

Convenors:

Jim Hale (519) 878-8687 jim.haleacc@gmail.com

Beth Schicks (519) 476-453-7645 schicks@sympatico.ca

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!

HUFF N' PUFF ONLINE WEBSTORE ACTIVE SPORTSWEAR



The Huff N' Puff Online Store features a huge selection of sport clothing and equipment with over 80 products available!

Everything from shirts, shorts, hoodies and winter wear to badminton racquets and pickleball paddles, all at very affordable prices! If you've got a special request or order, that's not a problem either...just speak to Lloyd about what you're looking for! Most shirts are "dry-fit" but I can also get you cotton tees if you prefer. We have "Novel-Tees" for sports like tennis, pickleball, badminton, roller skating, basketball and volleyball. Show your pride by showing off your Huff N' Puff sportswear!

For more info contact:

Lloyd Sutherland drib.1@hotmail.com or
text message to 519-317-7277

Or on the website at

<https://huffnpuffsa.com/hnpwebstore/>

**Huff n' Puff
CHRISTMAS Dinner & Dance
is BACK!**

December 14th, 2023
London Hellenic Community Centre
133 Southdale Rd. W.
from 6:00pm til midnight-ish

Delicious food, great prizes, dancing, 50/50 draw and
a terrific and festive night with close friends!

\$60 per person

For tickets or more information, please contact:

Dianne Smale (mamaboudreau@rogers.com)
Steve Holmes (hockeysteve@rogers.com)
Beth Schicks (schicks@sympatico.ca)
or in the HnP Office

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.

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 \$95 / yr. Basic + surcharged activities

AGE REQUIREMENT

55 years and over in the year of joining.

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

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.

LONDON SENIOR (55+) GAMES - Winter events

Huff n Puff members and all Londoners aged 55+ are invited to participate in the Winter Games in Nov/Dec. Everyone is welcome regardless of experience or skill.

This will be a qualifier for the Ontario 55+ Games to be held in Orillia on Feb 6-8, 2024.

The official events are: Alpine & Nordic Skiing, Curling, Ice Hockey (M & W), Badminton, Duplicate Bridge, Table Tennis, Prediction Skating, 10 Pin Bowling & Volleyball. We will hold as many of these as we can, and likely others like Cribbage, Euchre, Bid Euchre, Billiards.

More information will be posted at: district30.osga55plus.ca & on the bulletin board at NLOCC.

We will need your help to organize & run these events, so please contact a Board member.

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

Next Edition December 1, 2023