



# SILVER THREADS SENIORS CLUB OF PETAWAWA

1163 Victoria St., P.O. Box 313, Petawawa, ON, K8H 2E6  
Tel: 613-687-6574

E-mail: [silverthreadspetawawa@hotmail.ca](mailto:silverthreadspetawawa@hotmail.ca)  
Webpage: <http://www.silverthreadspetawawa.ca>

## NEWSLETTER – June 2019

### Silver Threads Seniors Club List of Regular Weekly Activities

Activity	Day/Time	Convener	Phone	End/Start Date
Bid Euchre	Tuesday 7pm	Huguette Clouthier	687-5271	On-going
Bingo	Tuesday 1pm	Marie Arnold	687-8463	On-going
Contract Bridge	Monday 1pm	Lise Bourque	687-4812	On-going
Euchre	Friday 7pm	Kay Saunders	687-4752	On-going
FAB Fitness	Mon., Wed. & Fri. 10am	Katherine Byrne	687-7540	On-going
Line Dance	Thursday 10:30am	Barbara Bailey	687-4547	Spring & Fall
Quilting	Friday 9am	Judy Andrews	687-8611	On-going
Swedish Weaving	Monday 9am	Doris Gay	687-5270	On-going
Tole Painting	Wednesday 10am	Bev Grady	687-6601	On-going
Water Media	Thursday 10am	Carolyn Eaton	687-8573	On-going
Yoga	Thursday 9:15am	Barbara Bailey	687-4547	On-going
Yoga	Monday 7pm	Barbara Bailey	687-4547	On-going

***\*\*Please note:*** Each activity has a small participation fee. For more information please call the office.

Our Strength is Fellowship,  
Our Success is Participation

#### Membership:

Membership fee for the upcoming fiscal year (April 1, 2018 – March 31, 2019) is \$25.

As of November 1st, new members pay a reduced rate of **\$15** for the balance of that current fiscal year.

Members who are 90 years of age or older will receive free membership, commencing the fiscal year after their 90<sup>th</sup> birthday.

*Do you have a special talent?*

*Are you knowledgeable in a certain topic?*

We would love to hear from you.

Contact the office at

613-687-6574

Monday to Friday

From 9am-1pm.

## **CLUB NEWS & UPCOMING ACTIVITIES**

**The fab fitness classes are finished until October.**

### **Tuesdays from 11:30 – 12:30**

**Jenna Walsh is starting her fitness class back up here at the club on May 28<sup>th</sup>..**

**It is every Tuesday from 11:30 to 12:30 and is held downstairs.**

**This is a free weekly fitness class.**

**June 20 - Summer Fun dinner/dance. The music is by Landry & Madill. The catering is by Schmidt's. Doors open at 5pm. Dinner is at 6pm. The music starts at 7pm.  
Cost: \$25 per member & \$30 per guest.**

**June 27 - The annual general meeting (AGM) starts at 10:30 am. All members are welcome. Lunch will be served after the meeting.**

**We are thinking of trying card making classes in the fall. They would be on Tuesday mornings from 10-12 and the cost would be around \$10 per person per session which includes supplies for making 2 cards per class.**

**Remember to get your Independent receipts (over \$25) Stamped and bring them to the club. We have boxes for Them both upstairs and down or you may just drop them off at the office.**

**Thanks!**

**OUR EXECUTIVE COMMITTEE**

**January 2019– December 31, 2020**

**PRESIDENT:** BARBARA BAILEY

**VICE PRESIDENT:** MARY SACK

**SECRETARY:** JUDY ANDREWS

**TREASURER:** AL DECOSTE

**DIRECTORS:** KATHERINE BYRNE  
MARJORIE ORZEL  
ED NICHOLSON  
SAM TAPSCOTT  
KAREN MCLEAN  
MARIE ARNOLD

We hope everyone has a great summer!



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## GRILLED HALLOUMI, CHERRY TOMATO AND PEACH SALAD

If you've never had cheese on the grill, well, now's the time to start with this lunchtime salad topped with Halloumi, fresh juicy peaches and sweet cherry tomatoes.

PER SERVING: 366 Cal. | 17 g Protein | 14 g Carb. | 29 g Fat | 2.6 g Fibre | 1292 mg Sodium | 534 mg Calcium

8-1/2 oz (250 g) Canadian Halloumi, sliced into 8 pieces, about 1/4-inch (0.5 cm) thick  
3 tbsp (45 mL) lemon juice, divided  
1/4 cup (60 mL) olive oil, divided  
2 cloves garlic, minced  
1-1/2 tsp (7 mL) dried oregano, divided  
1/4 tsp (1 mL) each salt and pepper

6 cups (1.5 L) baby arugula or mixed baby greens  
2 unpeeled peaches, cut into wedges  
1/4 cup (60 mL) pitted black olives, sliced in half  
1 cup (250 mL) cherry tomatoes

1. | Oil grill well and preheat the barbecue to medium-high. Place sliced cheese in a shallow dish just large enough to hold it. In a small bowl, whisk together 2 tbsp (30 mL) lemon juice, 1 tbsp (15 mL) oil, garlic and 1 tsp (5 mL) oregano. Spoon over Halloumi; turn to coat. To make dressing, whisk remaining lemon juice with remaining oregano and oil; add salt and pepper and set aside. 2. | In a large bowl, toss greens with peaches and olives. Skewer tomatoes for easier grilling. Place Halloumi and tomatoes on grill. Barbecue Halloumi about 2 min per side and tomatoes 2 to 4 min in total, or just until grill marks appear. 3. | Toss salad with dressing. Divide among plates. Top each salad with grilled Halloumi and tomatoes.

Prep: 15 min | Grill: 6 min | 4 servings

## MEDITERRANEAN GRILLED CHEESE

Layered with the flavours of summer, this grilled cheese is entertaining-worthy.

PER SERVING: 414 Cal. | 15 g Protein | 33 g Carb. | 24 g Fat | 3.0 g Fibre | 566 mg Sodium | 249 mg Calcium

4 tsp (20 mL) butter, softened  
8 slices focaccia  
1/4 cup (60 mL) pesto  
6 oz (170 g) round of Canadian Brie or Camembert, sliced  
2 whole roasted red peppers, patted dry  
1/2 cup (125 mL) loosely packed baby arugula

1. | Spread butter on 1 side of each slice of bread. Spread pesto on unbuttered side of bread. Top four slices with half the cheese (it won't cover), followed by red pepper (cut to fit bread), arugula then remaining cheese. Top with second slice of bread, laying pesto side down, butter side out. 2. | Heat a large non-stick skillet over medium heat. Place 2 to 4 sandwiches in pan depending on size, cooking until deep golden and cheese begins to melt, for 2 to 4 min. Flip and cook on the other side until deep golden and cheese is melted, for 2 to 4 min. Repeat, if needed, for other 2 sandwiches. Slice sandwiches in half.

Prep: 5 min | Cook: 8 min | 4 servings



## GNOCCHI WITH CHICKEN, GREEN BEANS AND FETA