

## LINDSAY SENIORS ASSOCIATION

210 Kent Street W, Lindsay ON

705-878-8261

Office Hours: Monday through Friday 11am – 1pm  
Building Open: Monday through Friday 9am – 3:30pm  
Website: [www.lindsayseniors.com](http://www.lindsayseniors.com)  
Email: [lindsayseniors@gmail.com](mailto:lindsayseniors@gmail.com)

## MARCH 2023 NEWSLETTER

### UPCOMING EVENTS

Blood Donor Clinic Wednesday, March 1, 2023

### ANNOUNCEMENTS

#### Feature Group of the Month “The Singing Seniors”

The Singing Seniors was formed over 25 years ago. We sing a variety of songs from Wartime, 50's and 60's, Irish and Christmas. Our Choir leader is Nora Headley and we are accompanied on the piano by Helen Peddar. No audition is required, and knowledge of music is not necessary, just a love of singing with a nice group of people. Many scientific studies have shown that singing has a positive impact on the mental health of older adults. Singing with a group is a joyful and uplifting experience providing increased positive feelings. We meet on Monday mornings at 10am upstairs. We have a coffee and tea social afterwards. Pre-pandemic we sang at the Hospital and Nursing homes, but this program has been suspended for the present time.

#### Important Dates in March 2023

❖ **Wednesday, March 8 International Women's Day**

A day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to the ongoing struggles for equality around the world.

❖ **Sunday, March 12 Daylight Saving Time**

Spring forward and set your clocks ahead one hour beginning at 2am.

❖ **Friday, March 17 St. Patrick's Day**

Celebrating everything Irish on this day.

❖ **Monday, March 20 Spring Equinox**

Marking the beginning of Spring in the Northern Hemisphere at 5:24pm EDT, on this day the Sun stands directly over the Earth's Equator. In the Southern Hemisphere, this date marks the autumnal equinox and the beginning of Fall.

#### Being Grateful

This month we are grateful for a very special person and employee of the City of Kawartha Lakes, our Custodian, Patty Kimble. Patty has worked above and beyond for the Lindsay Seniors for more than 17 years and her special contribution to our organization on a daily basis can never be replaced. Thank you Patty.

*“Music gives a soul to the universe, wings to the mind,  
flight to the imagination and life to everything”*

*(Quote has been attributed to Plato but contested by Scholars)*