




SEE REVERSE FOR MUNICIPAL NEWSLETTER FOR ALL RESIDENTS

TEMAGAMI SENIOR HOME SUPPORT (705-569-3885)

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Closed	2 EXERCISE With Rhonda 1:30 Fried Bologna	3 The FRIENDLY GROUP LUNCHEON Roast Pork	4 Steak on a Bun	5 CRIB 1:00 Hot Roast Pork Sandwiches	6 BINGO 1:00 Soup & Grill Cheese	7 Closed
8 Closed	9 Education & Exercise for Seniors 10AM EXERCISE With Rhonda 1:30 Chicken Wings	10 CANCER SUPPORT LUNCHEON Chicken & Dumplings	11 Ribs	12 EUCHRE 1:00 Hot Chicken Sandwich ♻️ Recycle	13 BINGO 1:00 Chili	14 Closed
15 Closed	16 EXERCISE With Rhonda 1:30 Spaghetti	17  ST. PATRICKS DAY Luncheon	18  AED Information with Scott Poirier 1:00 Ham	19 CRIB 1:00 Sheppard's Pie	20 BINGO 1:00 Macaroni Goulash	21 Closed
22 Closed	23 Education & Exercise for Seniors 10AM EXERCISE Rhonda 1:30 Chicken & Beef Pot Pies	24 Alzheimer's & Elder Abuse 10am Sausage & Baked Beans	25 Entertainment BIRTHDAY LUNCH Hot Hamburger	26 EUCHRE 1:00 BBQ Chicken ♻️ Recycle	27 BINGO 1:00 Subs & Soup	28 Closed
29 Closed	30 EXERCISE With Rhonda 1:30 Lasagna	31 PARAMEDICS 10:00 BREAKFAST BRUNCH 11:30				

- **ST. PATRICKS DAY LUNCHEON** Join us, call and reserve
 - **SENIOR LUNCHEON \$6.00 ea. 50+.** Call and Reserve your lunch or Meals on Wheels Free Delivery.
 - **Out ICE FISHING** order your meals by 9am or the day before and pick up at noon.
 - **AED (automated external defibrillation) Information with Scott Poirier 1:00**
 - **JERRY BURROWS** sings Country music at the Senior Centre **MARCH 25TH 1:00PM** for our Birthday luncheon. Come and join us for some old time country music.
 - **EDUCATION & EXERCISE FOR SENIORS** March 9th & 23rd 10AM with Martin Toupin - Exercises (falls prevention, balance, strengthening) -Education on brain and senior's health
 - **ALZHEIMER'S & ELDER ABUSE** March 24th 10am Information session
- For more information on any of our programs please call 705-569-3885. Thank you

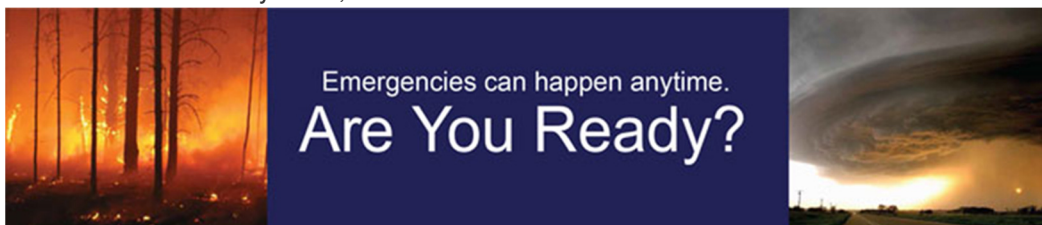
Important Fire Safety Reminders from Temagami Fire Department

March 8 - Daylight Saving Time Starts, Change Your Clocks, Change Your Batteries:

Clocks will spring forward one hour at 2 AM on March 8 and the Temagami Fire Department is recommending residents install new batteries in their smoke and carbon monoxide alarms when they change their clocks.

1. **Test smoke & CO alarms every month, have a home fire escape plan**
2. Ensure all exits in your home are cleared from snow to ensure you can get out in case of a fire. Make sure all windows are not frozen in case you need to use these as an escape mechanism.
3. Avoid build-up of deadly CO. Keep intake & exhaust vents for furnaces and heating appliances free of ice, snow, debris. Ensure vehicles are not left running inside garage or building
4. Natural gas heat? Don't shovel snow up against gas meters or exhaust vents.

Emergency Preparedness Week: May 3 – 9, 2020



SEE REVERSE FOR TEMAGAMI SENIOR HOME SUPPORT CALENDAR
AND COMMUNITY LIST OF EVENTS*

COMMUNITY LIST OF EVENTS



- **CHURCH SERVICES SUNDAY:**
- Heritage Reformed Outreach 9:30 a.m. & 5:30 p.m.;
- St. Simon's Anglican Church 10 a.m.; and
- St. Elizabeth's Catholic Church Sunday at 2:00 p.m.
- **EXERCISES EVERY MONDAY:** 1:30 p.m. at the Ronnoco House & **EVERY WEDNESDAY** 10:00 a.m. | Legion
- **CRIBBAGE:** 1 p.m. | Sunday, March 15 | Legion
- **LEGION MEETINGS:** 7 p.m. | Tuesday, March 17 | Legion
- **LIONS MEETINGS:** 7 p.m. | Tuesday, March 10 & 24 | Legion
- **DARTS:** 7 p.m. | \$5 entry | **EVERY** Friday come on out and play! | Legion

UPCOMING EVENTS Watch for Flyers!

- Marten River "Roaring 20's" Winterfest | Saturday, March 21st | **8:30 a.m. – 5 p.m.** | Marten River Fire Hall
- Ling Fling | Saturday, March 21st | **2 p.m.** | Lake Temagami Access Road Milne Landing
- Temagami Community Market is looking for High School Students interested in earning their required COMMUNITY Hours. Must be friendly with good communication skills. Duties: Learn to set up musician's sound system, assist vendors with heavy items, general opening and closing duties. For more information contact Dianne Laronde | 705-569-3686 | diannelaronde@gmail.com

UPCOMING MEETINGS

- Official Plan Amendment No. OP-19-01 & Zoning By-law Amendment No. Z-19-01 Home Occupation/Home Industry | Council Chambers | March 12th | **6:00 p.m.**
- Official Plan Amendment No. OP-18-01 – Secondary Dwelling Units | Council Chambers | March 12th | **6:15 p.m.**
- Regular Council Meeting | Council Chambers | March 12th | **6:30 p.m.**
- Recreation & Events Committee | Community Centre/Arena | March 25th | **6:30 p.m.**



Beat the Silent Killer
Stay safe from carbon monoxide.

Ensure all fuel-burning appliances in your home are inspected annually.

Install and regularly test carbon monoxide alarms.

COsafety.ca @TSSAOntario

ontario.ca/firemarshal @ontfiremarshal

The advertisement is a black banner with white and red text. On the left is the TSSA logo (Technical Standards & Safety Authority). On the right is the Fire Marshal logo. The background features a close-up of a carbon monoxide detector's dial.