

Connection 55+

Wednesday March 1, 1989

Wanted: One more day in a week

Ad Woodley could do with more hours in a day too

By JANE MULLER

Ad Woodley likes to tell people that he wakes up in the morning with nothing to do and is still only half finished when he goes to bed.

The 73-year old says he has retired "about seven times" but his skills as a carpenter are always in demand.

"All the time I worked I never advertised and I was never out of a job. I still always have three or four jobs ahead of me," he said.

The alarm continues to go off at 7:15 every morning and Ad and his wife Reta eat breakfast together at 8. The day he was interviewed for this article, Ad had already been to the greenhouse at Halton Centennial Manor and had two other meetings.

"I don't know why people say there's nothing to do," Ad says with total conviction.

He and Reta moved from the family farm near Milton District Hospital about five years ago to a house in town.

"She liked the kitchen and I liked this workshop downstairs," he recalled.

The shop appears larger than it really is thanks to Ad's meticulous organization. On the workbench is a bluebird feeder. It's his most recent project which was spawned by a concern that bluebird habitat is disappearing.

He could just as easily have been in the midst of making picture frames or stained glass lamp shades. Framing pictures is one of the skills he picked up while working as a carpenter at the Ontario Agricultural Museum. He also learned how to handle the museum's resident oxen named Spot and Line.

"I really like the oxen. They are very slow but everytime I'd have a crowd around them I'd warn the people that when I cracked the whip we'd be off in a cloud of dust."

The museum job counts as one of the seven he's retired from.

Ad has recently added the Manor to his list of volunteer commitments. He spends about two hours, three times a week in the greenhouse there.

"Six (residents) came by today. Anybody who comes along I grab them and put them to work," says the resident greenthumb.

He could keep some helpers busy at his own flower and vegetable gardens at home. Ad is a member of the Milton



Ad Woodley's latest project is building houses for bluebirds. He's always got a least one project on the go in his workshop and several more elsewhere.

and District Horticultural Society and acts as the group's auditor. Outside the door of his workshop is a grow light and beneath it sit rows of geraniums ready to be transplanted in the spring.

It's no wonder he'd like to add another day to the week. He's a member of the Milton Historical Society, an organization that can tap his long memory. Ad can also be found doing minor repairs and even stuffing envelopes at his church, St. Paul's United.

Reta and Ad enjoy square dancing at the local Senior Citizens' Centre but Ad can also be found there in the role of

instructor as well as a participant. He teaches minor home repairs and stained glass craft courses. There are many examples of his work with the colourful glass around his home.

"There's so much for seniors to do today. When I think of my dad and mom, there was not as much for them to do. If you're willing, there'll be something for you."

"There is a lot of satisfaction in volunteering," said the man who certainly speaks from experience.

If he is able to add another day to the week, Ad would like to take a wood carving course -- in his spare time.

What's Happening

There's always something happening at our local Senior Citizens' Recreation Centre, 21 Charles St. Programs and activities are geared to those age 55 and older although some are open to other age groups as well. The centre, which opened last April, is housed on the renovated main floor of the Legion.

Registration for Spring Programs will be held from March 13-23. The programs run from March 28-June 1. Here's what's available each day of the week.

Monday: Tai Chi 10-11 a.m.; Relaxation & Visualization 11 a.m.-noon; Fitness for The Fun O'Fit 1:15-2 p.m.; Shuffleboard 2:15 - 4:30 p.m.

Tuesday: Blue Birds Choir 10-11 a.m.; Music Appreciation 11 a.m.-noon; Microwave Cooking 10 a.m.-noon; Square Dancing 1:30-3:30 p.m.; Looking Good, Feeling Good 1:30-3:30 p.m.; Green Thumb Club 1-2 p.m.

Wednesday: Bridge/Cribbage 9:30-11:30 a.m.; Craft Club 9:30-11:30 a.m.; Variety Club 1-4 p.m. (1st Wed. only)

Thursday: Intermediate Line Dancing 10 a.m.-noon; Beginner Line Dancing 1:30-3 p.m.; Knitting 1:30-2:30 p.m.; French Conversation 11 a.m.-noon.

Friday: Bingo 10 a.m.-noon; Young at Heart Yoga 10 a.m.-noon; Drawing and Painting 1-3 p.m.; Euchre 1:30-3:30 p.m.

Mark these special events on your calendar!

Tuesday, March 21: Easter Fashion Show 4-7 p.m. featuring men's and lady's clothing from local stores.

Wednesday, March 22: "Maple Syrup Time" day trip.

Friday, March 24 & Monday, March 27: Seniors' Centre Closed
March 27 - April 9: "The Coast Is Calling" overnight tour. See details in the All Aboard column on Page C2.

Monday, April 17: Senior Citizens' Recreation Centre first anniversary.

Mid-April: Dinner theatre day trip.

Thursday, May 11: "Niagara Blossom" day trip.

May 16-19: "Holland Tulip Festival" overnight tour.

Tuesday, June 13: "Port Stanley Train" day trip.

Call 875-1681 for information.



Introducing a chance for older adults to connect

You are reading The Champion's new quarterly publication geared to older adults in this community.

A volunteer committee comprising senior citizens Verna Callan and Ethel Riddell, former town councillor Rose Harrison, Senior Citizens' Recreation Centre co-ordinator Robin McPhail and Champion editor Jane Muller, has come up with what they feel will be an informative and entertaining way for seniors to "connect".

Connection 55 Plus is a vehicle for groups, organizations and individuals to promote programs, events and activities of interest to adults over the age of 55. The goal is to increase participation and awareness of what's available in this community.

The intent is for Connection 55 Plus to involve the population it is geared to in its content. We look for-

ward to your input and suggestions for future articles. That's another way this publication is intended to "connect" with this growing segment of the nation's people.

Approximately 11 per cent of Canadians are age 65 or older and in the next 50 years that figure is expected to reach 25 per cent. The senior population is not only expanding, its members are living longer, healthier and more active lives.

Connection 55 Plus is intended to reflect these changes and enhance the lives of Milton's older adults.

In addition to being carried as a special section to The Champion, Connection 55 Plus will also be available at Halton Centennial Manor, 40 Bruce St., 111 Ontario St., and at our local Senior Citizens'

Recreation Centre located at the Legion, 21 Charles St. and the gift shop at Milton District Hospital.

The next issue is planned for June which is Senior Citizens Month in Canada. We plan to tackle at least one controversial issue and will be letting readers know about special events during that month. The third and fourth issues will be published in August and November.

Feedback and input are welcome. Forward your ideas and comments to Connection 55 Plus c/o The Canadian Champion, Box 248, Milton Ont. L9T 4N9 or contact the Senior Citizens' Recreation Centre at 875-1681.

We would like to acknowledge local artist Alice Muirhead who designed the logo for the publication.