

FALL 2026

PRIME TIMES

Newsletter of the Port Union Seniors at Port Union C.R.C.

WELCOME TO OUR FALL NEWSLETTER!

EDITOR'S NOTE

By Christine Sinclair



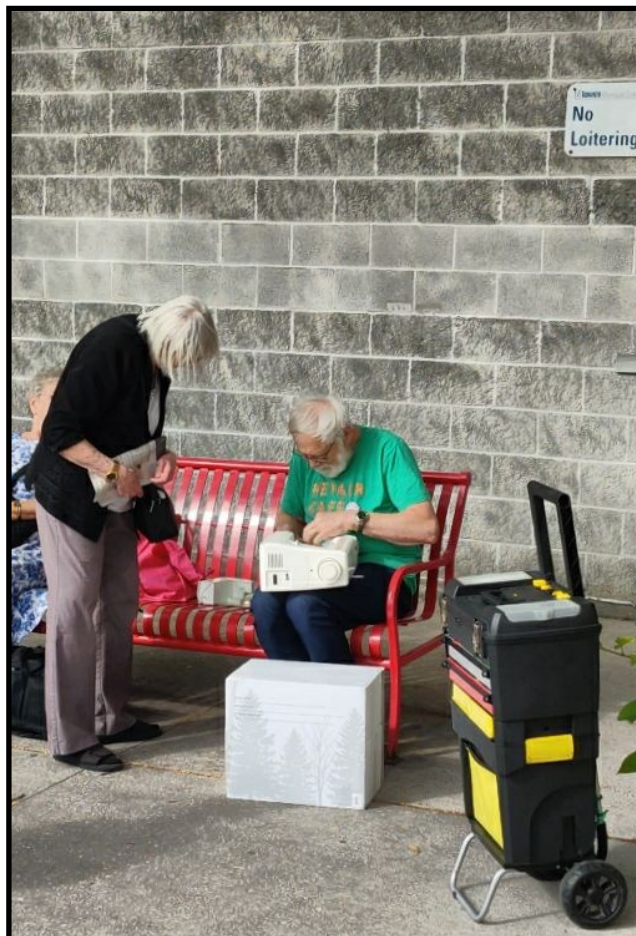
The Fall of 2026 is almost here.

Our summers, as we usually observe, pass too quickly. However, we do all we can to cherish and enjoy our summers. At Port Union, we are fortunate to have a series of events that help our summers to be memorable, beginning

with the Spring Bazaar and Plant Sale that precedes our warmest season. The next special celebration is our Canada Day luncheon, which officially starts off our summer. Throughout July we can attend the Sunday evening outdoor concerts. As well, our Travel Convenor Heather maintains a lively program, the highlight of which is always a visit to the Niagara Peach Festival. We are also fortunate to have ongoing visits from the Repair Café volunteers, which is always well attended.

Throughout the year, there are interesting things to be involved in for Port Union Seniors. We will miss our Summer, but Fall brings a special feeling of excitement and new beginnings. There is a sensation of nostalgia tempered with anticipation as the seasons change.

The senior community at Port Union is fortunate to enjoy a wide variety of activities to become involved in. We encourage everyone to drop by and chat with our friendly Welcome Desk volunteers. They are happy to update visitors and to answer questions. Enjoy a coffee and a treat from the kitchen and chat with the dedicated kitchen volunteers. There are so many things to explore it is impossible to be bored. If you are new to Port Union Seniors, give us a try. You won't regret it and you can make new friends.



Aug. 15/26—Repair Café volunteer Frank K. helping to fix a sewing machine outside while waiting for the front door at Port Union CRC to open! Photo courtesy of Jay M.

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on Page 4**



Port Union Community Recreation Centre

5450 Lawrence Avenue East, Scarborough, ON, M1C 3B2

PHONE: (416) 396-4032

PORT UNION SENIORS CELEBRATE CANADA!

JUNE 25, 2026

*By Brenda Mignardi & Barb Russell,
Special Events Convenors*



*Photos
courtesy of
Betty
Bennett*



At noon on Thursday 25 June, the Port Union Seniors gathered to celebrate Canada with a barbecue featuring beef/veggie burgers, crisp chicken burgers and mild Italian sausages with all the trimmings; punch, tea, coffee, cake and ice cream completed the delicious lunch. Two teenage Scouters – Nathan and Alex – were our BBQ chefs extraordinaire!

Raffle baskets donated by Venvi Guildwood and Amica Pickering and many door prizes donated by Port Union Seniors added enjoyment to the afternoon.



A “Happy Canada Day” photo banner, floating maple leaf balloons and a “How well do you know Canada?” trivia game rounded out an afternoon filled with delicious food, vibrant conversation and plenty of laughter as neighbours and friends shared in the Canadian community spirit.

Thank you MPP Vijay Thanigalasam for joining in the celebration and to the Port Union staff who continue to support our seniors.

Thank you also to everyone who volunteered to help make our afternoon special. Your warmth and enthusiasm truly highlight the incredible community spirit we are so fortunate to share!

This Month's Sudoku

Solution on Page 5

	8	6			5			9
9			8					
		5		6			7	8
	5	2				1		7
			1	5	6			
6		4				9	5	
2	3			8		5		
					7			6
1			5			7	8	



PORT UNION SENIORS CHRISTMAS BAZAAR

Saturday, Nov. 7th, 2026

Port Union Community Recreation Centre
5450 Lawrence Avenue East
9:00 a.m. to 1:00 p.m.

Admission Free!



Get into the Holiday spirit and stock up on those special gifts for the holidays:

- * Knitted Goods * Raffle * Refreshments *
- * Puzzles & Games, Books, CDs & DVDs *
- * Jewellery & Treasures * Christmas Goods *

'One of a kind' vendors wanted!
Limited tables for rent: \$25 each

(NOTE: Table rental available to the general public)

For more info, please call: (416) 396-4032



SPRING LUNCH

MARCH 25, 2026



*Photos courtesy of
Chris Cronk*



TRAVEL

By Heather Vesh, Travel Convenor



Thank you to the entire Port Union community for your wonderful support and enthusiastic participation in our travel program throughout the summer months. As fall begins to make its presence known and Christmas is just around the corner, I encourage everyone to stay plugged into our website, **portunionseniors.com**, for updates, upcoming activities, and, of course, our travel plans. I would also like to extend a very special thank you to our webmaster, Carol Foisy, for her excellent work and for the wonderful presentation of our website. I continue to be impressed by the wealth of information available and by how attractive and easy to navigate the site is.

As always, please send your ideas, feedback, and suggestions to travel@portunionseniors.com

I would be happy to work with our travel company to develop something we may not have offered before – perhaps a trip you've heard about, experienced yourself, or that a friend or family member has enjoyed – and see if we can introduce it to the Port Union community.

Fixers will help you repair small appliances, electronics, toys, clothes, bikes, and much more

Up coming dates

- Jan 17th 2026
- Feb 28st 2026
- Apr 11th 2026
- May 16th 2026
- July 4th 2026
- Aug 15th 2026
- Sep 26th 2026
- Nov 14th 2026
- Dec 12th 2026

10:00am - 3:00 Pm

Learn how to fix your broken household items For Free!

Port Union Community Centre 5450 Lawrence Ave E

Email portunionrepaircafe@gmail.com

Visit www.repaircafetoronto.ca

Volunteers Needed

Port Union Repair Cafe

I also want to extend a heartfelt thank you to all our travellers. It is especially rewarding to see new people joining us and discovering what our travel program has to offer. One of my favourite moments at the beginning of each trip is asking for a show of hands from those who are travelling with us for the first time. Seeing those hands go up is a wonderful reminder of how our travel program continues to grow.

Thank you again to everyone who has supported and participated in our travels this summer. Stay tuned to **portunionseniors.com** and our travel board for all that we have in store for the fourth quarter of 2026 – we have some exciting things ahead!

EDITOR'S NOTE

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As usual, many thanks to everyone who contributed to this issue of *Prime Times*. We owe a special thanks to Glenn Gabriel who coordinates the newsletter and ensures its publication. Best wishes for the remainder of the Summer and for the upcoming Fall.

PICKLEBALL DROP-IN REPORT



Pickleball convenors Desmond & Mike were recently awarded certificates from M.P.P. Vijay Thanigasalam to recognize their work instructing new players.

Like many sports, Pickleball is bringing people of all ages together and promoting good health, friendship and community spirit.

Here at Port Union C.R.C., Mike and myself have been facilitating and running a pickleball game for the seniors in our community. For many seniors, it provides not only valuable exercise but also friendship and an opportunity to remain active and connected.

We have sincerely enjoyed running this program with the help of the Port Union C.R.C. staff.

Thank You! *Desmond Viegas & Mike Maingot*

Sudoku Solution

4	8	6	3	7	5	2	1	9
9	7	1	8	4	2	6	3	5
3	2	5	9	6	1	4	7	8
8	5	2	4	9	3	1	6	7
7	9	3	1	5	6	8	2	4
6	1	4	7	2	8	9	5	3
2	3	7	6	8	9	5	4	1
5	4	8	2	1	7	3	9	6
1	6	9	5	3	4	7	8	2

CCRA
Fall Fest
SEPT. 19
1:30 - 4:30
FREE
PORT UNION COMMUNITY CENTRE

VENDORS! BUY LOCAL

FOSSIL FIRE LIVE!

CARNIVAL GAMES

INFLATABLES

TREATS \$1.00

Fun for the whole family

Port Union Seniors Executive Committee 2026–2027

President (<i>president@portunionseniors.com</i>)	VACANT
Vice-President	Kasturirangan Collour
Secretary & Newsletter (<i>newsletter@portunionseniors.com</i>)	Christine Sinclair
Treasurer (<i>treasurer@portunionseniors.com</i>)	Shelly Lloyd
Kitchen	Sandy Bowring Kathleen Smith
Bazaar Crafts (<i>crafts@portunionseniors.com</i>)	Monica Sriver Sita Kumareshan
Special Events	Barb Russell Brenda Mignardi
Welcome Desk (<i>welcomedesk@portunionseniors.com</i>)	Sita Kumareshan Heather Vesh
Equipment	Frank Kaufman
Travel (<i>travel@portunionseniors.com</i>)	Heather Vesh

APPOINTMENTS

Past President	Jackie Robeson
Sunshine	Betty Bennett
Webmaster (<i>webmaster@portunionseniors.com</i>)	Carol Foisy

CITY OF TORONTO PARKS & RECREATION STAFF

Community Recreation Programmer	John Bentley
Older Adult Program Coordinator	Glenn Gabriel

For Port Union Seniors Information, please call (416) 396–4032
or visit portunionseniors.com