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ISSUE | 16

CK Senior

ADDRESSING THE NEEDS & OPINIONS OF SENIORS LIVING IN CHATHAM-KENT



WELCOME

Welcome To CK Senior, Issue 16

With the summer of 2014 now behind us, suddenly the fall season is well upon us. What a beautiful fall it has been thus far. The warm September days and cool evenings have resulted in a remarkable display of fall colours this year. We hope you all have had a chance to go outside and take advantage of the natural beauty that's all around us.

This is also the season of the Harvest! There is nothing quite like walking into a kitchen and being greeted by the scent of fall harvest cooking, baking, or canning. It's the time of year that we are blessed with an abundance of produce in this area and for that we thank our local farmers. We are truly lucky to call Chatham-Kent home with all the benefits that we have here.

It's been a real pleasure once again putting together this issue of CK Senior and we hope that you enjoy it, learn something new from it, and perhaps discover a new product, place, or service that's available right here in our own community. Special thanks go out to all of our advertisers and our contributing writers, for without them this publication would not be possible.

We wish you a safe and happy season ahead and always remember...

It's alright to slow down, just don't stand still.

Sincerely,

Andrew Thiel, President

Mark Requena, VP / Website Development

Andrew Fraser, IT Specialist

Lisa Persyn, Graphic Designer

Candice Cottingham, Graphic Designer

Nancy Schlereth, Sales Manager



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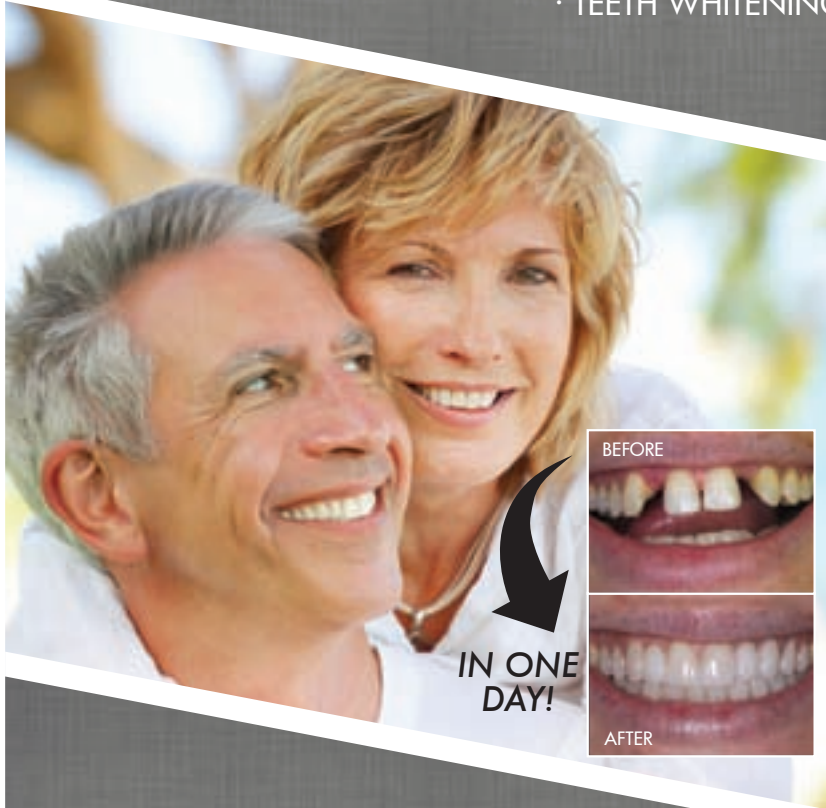
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CKSenior

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AGE IS ONLY A NUMBER

Exercise for Irvin is a Gift

On our cover we'd like to introduce to you Irvin Ducharme. Irvin (and his wife Julie) have lived their entire married life in Chatham, raised a family of five, and also owned and operated "Caprice Hair Styles," for 40 years. Irvin and Julie have always made physical activity a part of their daily routine and they are proud to say that their example to stay fit has rubbed off onto their children and now to their grandchildren.

For many years, tennis was a sport of choice for Irvin and he held a membership at the Wheels Fitness Club from the day it opened until the day it closed. At present Irvin and Julie work out at the YMCA and in addition Irvin enjoys a 20 to 25 km bike ride 3 to 4 times a week (weather permitting). *"Although my bike has a battery assist (not an e-bike), if I don't pedal, it don't assist!" says Irvin.*

In May 2010, just before his 75th birthday, Irvin courageously underwent surgery for prostate cancer. As extremely difficult as it was in the days to follow, it was his fit condition that helped in his healing process and it was his daily walks (increasing the distance a little at a time) that got him back to his old self once again. Six months later, treatments began and 33 rounds of radiation (in London, Ontario) were required (five days a week). Fortunately Irvin knew the way to the treatment centre as he had been a volunteer driver for other cancer patients for the 12 years prior. A year ago Irvin underwent a second operation to help with some of the side effects that prostate surgery leaves behind. Thankfully this



operation was a success and Irvin is once again back to his old self-walking, running, biking, and, for now, still just dreaming of the golf course.

"Exercise, attitude, family, and friends is what it's all about," says Irvin. As he approaches his 80th birthday as well as his and his bride's 55th Wedding Anniversary (both on May 21, 2015), he has no plans of slowing down. As we ended our photo shoot, Irvin left us with a mention of a book he was given as a gift from his son called "Younger Next Year." Maybe that's his secret? Maybe we all should pick up a copy?

*Cover photography provided by: Mark Requena Photography
www.markrequenaphotography.ca*

Editorial about the cover provided by: Nancy Schlereth

RICK NICHOLLS, MPP CHATHAM-KENT-ESSEX



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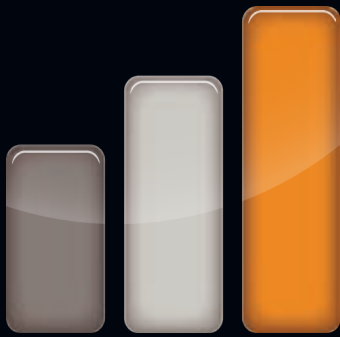
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HOW TO PLAY THE GAME!

Place numbers in the empty boxes so that each row across, each column down, and each small 9-box square contains all of the numbers from one to nine.

See answers on pg. 22

	6	8	3	7	5	9	1	
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CK'S DR. LALIT CHAWLA MD, CCFP, FCFP Receives Award from the University of Alberta

Congratulations to Dr. Chawla who was awarded from the University of Alberta the **"2014 Augustana Distinguished Alumni Award"** on Sept. 29, 2014. This award is presented to an Alumnus in recognition of outstanding achievement in their profession.

Dr. Chawla recently gave several public lectures at the University of Alberta titled **"The Seven Factors that Shape Our Lives"** and a 2-hour entertaining lecture **"Secret, Perceptions and Placebos Revealed: How**

Understanding Illusions allows us to make Better Decisions in our Finances, Relationships and Personal Growth".



Dr. Chawla has a long list of accomplishments and is a highly sought after International Speaker, Family Physician in Chatham, and an Adjunct Professor at the Schulich School of Medicine and Dentistry in London, Ontario.

If you'd like to watch one of Dr. Chawla's lectures just Google: Dr. Lalit Chawla Magic & Medicine youtube
Dr. Chawla also writes the editorial **"Health Matters"** for the CK Senior publication (see pg. 16 for his talk about: **"Here comes the Christmas Season Ready or Not"** in this issue)

Congratulations Dr. Chawla, we are lucky to have you in our community!

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For more information on the CAGP Chatham-Kent RoundTable and its membership, please visit our website at www.yourlegacyck.ca



Members of the CAGP Chatham-Kent RoundTable:

- Canadian Cancer Society
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- Chatham-Kent Hospice
- Children's Treatment Centre Foundation of Chatham-Kent
- Community Living Wallaceburg
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The Verandas 50⁺

AT PRESTANCIA

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This article is brought to you by: Gilles Michaud Construction Limited.

For more information visit, www.yourlasthome.ca or give us a call at 519-354-8467.

"Discover the many benefits of green living today - and see how we really do build a better home!"

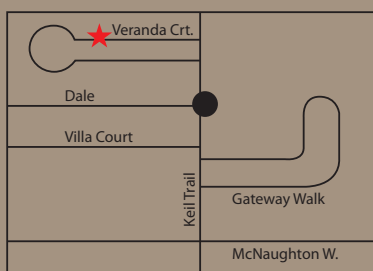
The Verandas 50⁺

AT PRESTANCIA



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TED G. DALIOS, DD, HIS

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The Denture Specialists are happy to offer the general public two highly accessible locations in which to start the consultation process: 334 King Street West in Chatham, and 828 Dufferin Avenue in Wallaceburg. The entire team at The Denture Specialists invites you to come in! Call 519.352.1600 or click www.thedenturespecialists.com for additional information or to book your free consultation today.





HEALTH MATTERS

Pictured here is Dr. Chawla along with his daughter Saveena

HERE COMES THE CHRISTMAS SEASON READY OR NOT

Dr. Lalit Chawla MD, CCFP, FCFP

I think there is a hidden secret that most of us know and sadly that secret is that Christmas is not a joyful time for everyone. This year, like every other year, I have many patients, young and old alike, who do not look forward to Christmas. Some patients visit the ghosts of **“Christmas past”** which still haunt them presently. Others find that **“Christmas present”** is really not a gift at all for them. And some dread that their **“Christmas future”** will be a time of ongoing loneliness.

Christmas can be a fun time and joyous time, but that joy can only be experienced if others are present in your life; after all it is a time for sharing. What I’m referring to in particular is that I have some patients who have lost a loved one and feel alone. Now some may not be alone, but they still feel “it” and the reality is, if you still feel “it” then the feeling of loneliness will definitely come. So instead of throwing some vinegar into eggnog, let’s talk about how we can spice up the eggnog for yourself and everyone else around you, but first let’s talk about why many people like or love Christmas time.

TOP 10

REASONS WHY PEOPLE LOVE CHRISTMAS

- 1 *People appear happier and friendly and say “hello” more often*
- 2 *There is lots of great food around*
- 3 *Presents are received*
- 4 *It’s a time of giving presents*
- 5 *Usually it means time off from work and some time to rest*
- 6 *Spending time with family and friends*
- 7 *Spending time to relax and doing fun stuff for yourself and others*
- 8 *Nice, pretty decorations all around*
- 9 *Going to parties*
- 10 *Remembering the true spirit and reason for Christmas*

Now, as I've written these top 10 reasons it strikes me that these can also be the same reasons why people don't like Christmas. They don't get gifts, they aren't invited to parties and people are happier which makes them feel sad because they want that feeling of happiness. They may have only a few friends or their friends or loved one may have died and they can't get that love and connection with them anymore. They feel alone.

As well, they may not be able to afford to give gifts that they want to give and many don't have the opportunity to enjoy the wonderful foods of the season. I know several of my patients have nowhere to go for a turkey dinner (*my personal favorite meal of the year... my daughter jokingly says, "Well you are what you eat Dad..." I think you get the idea...*).

So how can we help others get through and enjoy the Christmas season? Here are some suggestions of things we can say or do, but certainly not a complete list by any means.

Smile, and say "Merry Christmas" or "Happy Holidays" to everyone, even if you don't know them. *I've never had anyone get upset because I said that and, in reality, if a person does get upset, maybe they need that cheerful greeting the most. A smile goes a long way.*

If you are alone, walk in the mall and be around other people. Try to soak in the happiness, because happiness can be contagious, just like sadness can be. *I personally enjoy the hustle and bustle at the shopping centres during the holiday season; you can truly absorb the holiday atmosphere around you just by putting yourself into it.*

Send small tokens of appreciation to the people in your life. *The best gifts I've ever received are the Christmas cards or handmade things I've received from grateful patients. Believe me, people like surprises but they love the feeling that someone truly cared enough to go out of their way to make something that money can't buy. (I still believe it's the thought that counts.)*

Volunteer and help others who need help. *(My experience is that giving of yourself is the only thing that comes back greater than the amount you have spent. Ironically it is the one thing you get more of, the more you give away.)*

Help decorate and make something beautiful and pretty. *Even if it is for your self. My wife always teases me that I like having the Christmas tree well into January; I just like the sparkling lights and the new look it adds to the family room. Changing your environment even if it is a small change makes a person feel better. People like a little bit of change in their life, people need new stimulus, and it's a way to see growth and positive change within their environment.*



Attend a church service and get acquainted or reacquainted with the higher purpose and the true meaning of Christmas. *It can be wonderful place to absorb holiday meaning during the Christmas season.*

Remember old friends and companions who have come and gone. *A patient of mine who hated Christmas said his attitude changed when someone told him, "Don't you think your wife would have wanted you to be happy and celebrate this time of year and honour her by making new memories?" I think that's a wise statement, and better than any prescription I could offer him. After all, Christmas is the time of rebirth and also a wonderful time of year to look back on past Christmas memories.*

Get out and get active, move your body and try a new activity. *Except snow shoveling, as it causes way too many heart attacks. It's never too late to learn a new trick, unless of course it's snowboarding.*

Throw a party of your own. *There are many others who would love to attend. Don't worry about the size of the party, because size doesn't matter, it's the fact you are still*

able to party and to host one that counts. So ask a few friends over for eggnog and shortbread cookies and talk about some of your Christmas memories and about the plans you may have for this Christmas.



This last one is up to you..... try to think about how you can make each day one percent brighter and start off early in November. If you only to make your day 1% brighter how much brighter would it be in 30 days? Who knows, by December 1st your season may be so bright that you need to wear shades.

Why did I write this article? Well, the post-Christmas blues can have a lingering effect and can make the winter months seem longer. As much as positive feelings can occur before Christmas, the after effects of Christmas can sometimes be a let down. So the pre-Christmas blues and the post-Christmas blues can sometimes go hand in hand. So why don't we carry the positive spirit of Christmas onward and well into the New Year and beyond? Maybe everyday should feel like the happy days of Christmas? Because your health matters, and your good health starts with what you can do for yourself.

Let's talk again soon,

Dr. Lalit Chawla MD,CCFP,FCFP

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For more information on renting the main auditorium or either of the Lounges, contact the Capitol Theatre at **519-380-0174** or email lgrand@stclaircollege.ca Pictures can be found in the PHOTO section of our Facebook page: www.facebook.com/chatham.capitoltheatre

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For just "a dollar a day" (and ... these are only a few of the ways you can help!)

- A child with autism will receive one-on-one teaching and guidance in order to integrate them into a main stream classroom and provide life opportunities that they may not otherwise have.
- The Epilepsy Support Centre can educate the staff at six of our local schools on seizure identification, seizure first aid, and educational challenges.
- Dresden Sidestreets Youth Centre can help 15 elementary students with their homework and engage six high school students in tutoring the younger ones.

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THEY HAVEN'T LOST THE PLOT

Storytelling and Dementia

Everyone loves a good yarn. Stories are how we connect with one another and with the larger world. Sadly, when you lose your memory, you also lose that storytelling ability. TimeSlips® is changing that by replacing the pressure to remember with the freedom to imagine. Joanne Martin, TimeSlips® Facilitator, explains: "We start with a photograph or drawing. Then, through a series of open questions, we encourage participants to make up a story. And they do have vivid imaginations! Sometimes we have to slow them down. It's always fun!"

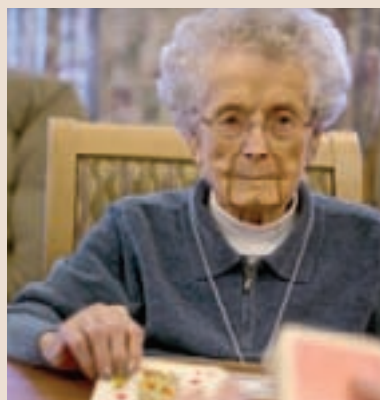
Keri McGregor, Supervisor Activation/Coordinator Volunteer Services at Riverview Gardens says, "It's amazing to see how engaged the residents are during our storytelling sessions, and how they build on each other's ideas."

Afterwards the stories, together with the images that inspired them, are printed in newsletters, or posted on the wall. Family members enjoy them too. "We're planning to publish them and invite family members to a 'Book Signing Event,'" says Joanne. "Our storytellers love it when we tell them they're going to become 'published authors!'"

The Champion

A TIMESLIPS® STORY

Grandma is playing cards. She's playing "45's". She has never played this game before but it looks like she knows what she's doing. Her daughter is watching her. Some



of Grandma's children are in the room too, watching and saying what they think. "I think you're cheating, Grandma!" the kids say.

Grandma replies, "I didn't say that!" She's angry because she has been falsely accused. She's got

nice hair. And she's got an ace in her hand. Her daughter, Nicky, is smiling and laughing because she has put down this card and declared herself the winner. Grandma may be unhappy, and she may be disgusted, but she's got a twinkle in her eye.

The kids are all rooting for Grandma, and they want her to win, even if she does cheat.

*This article has been written and along with the image has been submitted by: Joanne Martin of TimeSlips®
For more information call (519) 436-6214
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What's 4 Dinner provides homemade meals both in individual and family size servings. They offer daily specials and homemade baked goods, and pride themselves for their large selection of hearty homemade soups. Stocked with a variety of homemade meals and baked goods, they provide a convenient way to shop for yourself, your family, and your students (those at home and away at school.) Choosing What's 4 Dinner eliminates all of the chopping, shopping, clean up, and waste for you. What you do have are homemade meals and all you need to do is "Just Add Heat!"

Let us make your dinner tonight! Special orders can be placed in advance, drop by and ask for details.

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5	1	2	6	9	4	7	3	8
8	2	6	9	1	7	3	5	4
9	5	3	8	4	2	1	7	6
7	4	1	5	3	6	8	2	9
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Please ask us about booking a house call; they can generally be scheduled at a time that works well for you! However, if your pet isn't feeling well, it's best to schedule an appointment at the hospital today. Please ask us about our pet taxi service if you have difficulty transporting your pet.

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Don't forget to pick up your flea and heartworm medication. These are parasites that affect all dogs and cats, including exclusively indoor pets. Call today for information on the different types of preventative medications available for your furry friend!

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NEW!



Our C.H.A.P. vans will soon have a new look. Above is the new logo and listed below are some questions you may have about this partnership and change. If you would like further information about this change please call 1-855-728-1433

1. What is Care Link? Care Link is a one-point access for people and organizations looking for Health Transportation. No matter where you live in the Erie St. Clair geography you will be connected to the RIGHT agency! RIGHT away!

2. Who are the Agencies involved? All the LHIN funded agencies in Erie St. Clair are part of this initiative. Lambton Elderly Outreach, Family Service Kent (C.H.A.P.), Canadian Red Cross, and WECT led by the Community Support Centre of Essex County in partnership with Essex Community Services, Amherstburg Community Services, South Essex Community Council, and Life After Fifty.

3. Can I still call my Transportation Provider directly to book a ride? YES, please do! The 1-800 phone number will provide easy access for those new to the area or new to the service.

4. Will my service change or the cost of my trips increase? NO. You will still have the excellent service that you are accustomed to for the same price that you are paying now.

5. Where did the new vehicles come from? The Erie St. Clair Local Health Integration Network made an investment in the Transportation Program by purchasing vehicles for the local providers. They are aware of the importance of making sure that people get to the RIGHT PLACE in the RIGHT TIME in a safe manner.



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ESTATE PLANNING FOR GRANDCHILDREN

By Lawyer Jason Mallory

Estate Planning is a significant part of my legal practice. Many seniors see me to update their existing Wills or to prepare new Wills for them. I find that a common motivation for updating their Wills is the arrival of a new grandchild into their family. Of course, grandchildren are a tremendous gift, and many grandparents wish to leave something to their grandchildren in their Wills as a small token of the love and joy that they feel towards them, and also to help their grandchildren face the financial realities that lie ahead.

There are many different ways that you can leave a gift to your grandchildren as part of your estate plan. Here are a few possible options.

GIFT DURING YOUR LIFETIME

Perhaps one of the most obvious, but sometimes overlooked, options is to provide a monetary gift to your grandchildren while you are still alive. You can do this in a lump sum, or spread the gifts out over several years. With this option you are able to experience the joy and benefit that you are providing to your grandchildren as opposed to only leaving them an inheritance in your Will.

PERSONAL ITEMS

Of course the most valuable item that you leave to your grandchild may not be money. You likely have personal items that have provided for special memories with your grandchildren. These items may range in size from a small toy car up to a full-sized classic car that you have in storage waiting for your grandchild to turn 16. I commonly have grandparents give certain items of jewelry, which have been in the family for many generations, to their grandchildren in their Wills.

CASH LEGACY

A cash legacy is simply a gift of a specified amount of money to a certain person or group of people, for example \$1000 to each grandchild. Keep in mind it will be necessary for your lawyer to include special wording in your Will if you wish for this amount to increase with inflation.

Jason Mallory is a lawyer with Kerr Wood & Mallory in Blenheim and recipient of the Margaret E. Rintoul Award in Estate Planning



PORTION OF YOUR ESTATE

An alternative to leaving a specific dollar amount to your grandchildren in your Will is to leave them a certain percentage of your estate. A benefit of this method is that the amount of your estate provided to your grandchildren will change proportionately if the value of your estate increases or decreases prior to death.

TRUST FOR GRANDCHILDREN

If you provide a specified portion of your estate to your grandchildren, it is important that you discuss the implications of such a gift with your lawyer if you have, or may have, grandchildren under the age of 18 years. You may also wish to specify a later age, for example age 25, until which each grandchild's portion of your estate must be held in trust for them.

EDUCATION TRUST FOR GRANDCHILDREN

It is possible to allocate a portion of your estate in trust for the benefit of grandchildren that may be attending college or university after your death. Such a trust would provide your Estate Trustees with the discretion to determine if, how much, and how often money will be paid out of the education trust to the grandchildren. Typically expenses such as tuition fees, book costs, computer and technology expenses, rent and living costs, and travel expenses, would be approved by your Estate Trustees as part of an education trust.

REGISTERED EDUCATION SAVINGS PLAN

If you are a subscriber of an RESP for the benefit of your grandchildren, you can direct in your Will that your Estate Trustees continue to make contributions to the RESP after your death. Alternatively, you can direct your Estate Trustees to make a payment to the parent or guardian of your grandchildren to ensure an RESP is maintained for their benefit.

CONCLUSION

As you can see there are many options when considering giving a portion of your estate to your grandchildren. Of course, you can also combine more than one of these options in your estate plan to provide a valuable gift to your family's next generation.

Jason P. Mallory, H.B.A., J.D.

**The comments in this article are not meant as legal opinions and readers are cautioned not to act on information provided without seeking specific legal advice with respect to their particular situation.*

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butternut squash SOUP

Ingredients

2 lbs butternut squash
1 tbsp coconut oil
5 cups chicken broth
1 tsp salt
1/8 tsp pepper
1/2 tsp cinnamon
1/8 tsp nutmeg
1/4 tsp garlic powder
1 tbsp maple syrup
4 tbsp chicken fat or butter
arrowroot powder, as needed

Instructions

1. Cut the butternut squash lengthwise, coat inside with coconut oil, place inside-up on a pan and roast in a 400 degree oven for 30 minutes or until soft. Scoop out and set aside.
2. Heat broth in a large pot until boiling. Add butternut squash.
3. Add all of the other ingredients.
4. With an immersion blender, blend soup until it is smooth.
5. If the soup is not thick enough for your liking, add arrowroot powder by the 1/2 tbsp until it thickens, blending well between additions to ensure that you don't use too much.

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Enjoy the benefits of being active all year long at the St. Clair College HealthPlex. Take advantage of our many senior programs equipped with everything you will need to start your journey toward a Healthier, Active You. Senior Track Memberships are available to the community and include unlimited access to our indoor track and one group exercise class per week. Participate in such classes as – Functionally Fit, Zumba, Yoga, and more!

Looking for something NEW! Join us every Wednesday 2:00pm - 4:00pm for our Pickle Ball league. Playing Pickle Ball keeps you feeling well, strong, motivated, enthusiastic, and young. Most important, playing Pickle Ball is a great way to meet new people and have fun.

The possibilities are endless at the HealthPlex with our exciting line up of programs and services. Volleyball, Walk 2 Run, and Biggest Winner could be the program you were waiting for. Be the first to experience MELT training, a NEW program designed to reduce the negative effects of aging including osteoarthritis, aches, and pains.

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What's 4 Dinner
& Bakeshop

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CHARITABLE BINGO AND GAMING REVITALIZATION

to Benefit Local Charities in Chatham-Kent

October 1, 2014

The Ontario Lottery and Gaming Corporation (OLG), together with Riverview Bingo Palace and Riverview Charities' Association, have made changes at the local bingo hall, located at 497 Riverview Drive, Chatham, ON. The goal of this revitalization is to ensure local charities have a viable way to fundraise, to support local programs, to enhance local charitable operations, and to support local employment at the gaming centre while offering the customers a new entertainment experience.

Riverview Bingo Palace now offers customers the choice of new electronic games or the traditional paper-based games that have been played at bingo centres for years. Adding the electronic products to the traditional paper-based games enables the revitalization of the charitable gaming industry and provides a sustainable source of revenue for the local charities. These local charities are an integral part of the Chatham-Kent community and the funds raised through charitable gaming allows them to continue their important work in our community.

The introduction of the new electronic devices, called Geckos, follows a successful Pilot Program which introduced e-bingo in a few selected sites throughout the province. This resulted in a significant increase in revenue for local charities. By developing and introducing new products and technologies that will add to the traditional charitable gaming experience, more money will be generated for the local charities. The revitalization is intended to preserve and enhance funding for charities while creating economical benefits, including employment opportunities, at local charitable gaming centres.

Electronic Bingo is offered on individual terminals with touch screens. The terminals are also able to play the cards for the player. Many players are combining the electronic game with traditional paper bingo as they dab some cards while the terminal plays others for them. The terminal is engaging and makes the bingo game interesting as it shows the player how many numbers they are waiting for to get a bingo and allows the player to change the colour and shape of the dabs. Another addition to Riverview Bingo are games that offers customers more choice and complement existing paper bingo games and the new electronic version . These games include:

- **Play on Demand (POD) – a collection of electronic games on the electronic Geckos that can be played anytime and are not linked to a bingo session. Monetary prizes can be won.***
- **Tap Tix – the evolution of the classic Break Open Ticket features an interactive display screen on a ticket dispenser. These games can also be played anytime and are not linked to a bingo session.***

These new games allow Riverview Bingo Palace to offer more customer choice, be more competitive, and appeal to a broader demographic, while providing a new gaming entertainment experience from traditional bingos and casinos. Charities will have a more viable way to generate funds to support their programs. Strong charities make the community of Chatham-Kent better place to live.

Riverview Bingo Palace has undergone a major renovation to make the gaming experience more enjoyable for their patrons. The seating area at the Bingo Hall includes some traditional long tables along with some octagon tables and stadium seating with seating on one side only. All of the changes and upgrades have been carefully thought out to make the gaming experience a positive one for all customers.

Riverview Bingo Palace also has a snack bar that has been upgraded. A new menu is going to be introduced in the coming months to include more selection of items and Daily Specials.

Riverview Bingo Palace is open 7 days a week with Bingo Sessions daily at 10:00 am, 1:00 pm, 3:30 pm, 6:30 pm & 9:30 pm daily. There are Midnight sessions on Friday and Saturday nights. Tap Tix machines are available for play during the hours that the Bingo Hall is open: 9:00 am to Midnight Sunday thru Thursday and 9:00 am to 2:30 am on Friday and Saturday nights. You can get more information and updates at their website – www.riverviewbingopalace.com or call them at 519 351-3232.

You are invited to stop in and check us out anytime! "We haven't changed, we've just got better!"

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