



**Issue 194**

**JUNE 2023**

## PRESIDENT'S MESSAGE



So, it's June, half-time for 2023. And of course, the 21st is the beginning of summer, which happens to be my middle sister's 84th birthday. Depending on my mood for the day, I either think of brilliant summer days, exciting pickle ball mornings or that it's also the start of shorter days and we are heading towards another winter. STOP! Before I get too far down let me tell you what's happening at the Danube. If you'd like to be transported back to the 50's and 60's, attend the BWG Leisure Centre event on Wednesday June the 14th. Starting at noon you can listen, sing or dance to "The Dreamboats". Should be a fun afternoon.

The following day, June 15th, we are hosting an indoor Seniors Health and Wellness Fair. 16 Organizations are ready to answer all your questions on a multitude of subjects. Information is knowledge. Tell your friends and neighbours, join us and take advantage of this great opportunity.

The Simcoe Muskoka Health Unit is holding a Covid Vaccination Clinic on Friday June 9th from 10:00am to 3:00pm. Pfizer and Moderna vaccines are available. You can make an appointment at [smdhu.org/getvaccinated](http://smdhu.org/getvaccinated). Jan tried it and found access to be easy and fast. Walk ins are welcome and as long as vaccine supply lasts, you will be accommodated.

I would like to thank Dorothy our gardener. With the help of her family, she removed all the old, overgrown shrubs in the front flower beds and replaced them with two purple leaf Sand Cherry plants and a medley of annuals. It's going to look beautiful.

Until next month -Elke

### **Important Notice:**

Since the Seniors Fair takes place on June 15th, the Thursday afternoon Euchre has been moved back one day to June 14th at 1:00pm.



**Did you know we have a Facebook page? Check it out at [BWG Seniors Association](#)  
The Danube Seniors Leisure Centre: 715 Simcoe Rd., Bradford ON L3Z 4B4**

**Phone: 905 775-0612**

**Website: [www.danubeseniors.club](http://www.danubeseniors.club) Email: [danubeseniors@rogers.com](mailto:danubeseniors@rogers.com)**



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**NOTICES - PLEASE READ**

**FOR ONE DAY ONLY: THURSDAY, JUNE 15th, EUCHRE WILL BE CHANGED TO WEDNESDAY, JUNE 14th, to accommodate the Seniors Information Fair on Thursday afternoon.**

**June is Seniors Month in Ontario.**

In honour of our seniors in the community we have decided to host our first indoor fair since before COVID. This fair will give you an opportunity to meet face to face with over 16 health care providers, receive valuable information and maybe even win a door prize. Thursday, June 15th, 2023 1:30 p.m. - 3:00 p.m.

**First Aid Course**

Emergency First Aid/CPR an all-day, group session event to be held on a Friday at the Danube Centre. Cost: \$95 per person plus tax. The cost for CPR only is \$70 plus tax. Please contact [linda.ind 8@sympatico.ca](mailto:linda.ind@sympatico.ca) to register and for more information.

Planning is underway for a new Danube walking club. Members are invited to meet at the Danube Centre on Tuesdays at 9 a.m. For more information email Alex at [hussickalex@gmail.com](mailto:hussickalex@gmail.com)

**Calling All Artists:**

We are exploring the possibility of re-inventing an "Arts Drop-in" time at the Danube Centre. We envision an opportunity for artists to meet, chat, share ideas and create. Our drop-in day and time will be determined by your input, so if you are interested, please contact the Danube office at 905-775-0612 or email [danubeseniors@rogers.com](mailto:danubeseniors@rogers.com).

Tuesday, June 20th, 11:30 a.m.  
In partnership with the BWG Leisure Centre and the BWG Library, join a low-impact, easy-paced walk and enjoy light refreshments afterwards. For more information, call the BWG Library at 905-775-3328 or go to [www.bradford.library.on.ca](http://www.bradford.library.on.ca).

Also at the Library in June:  
**Next Chapter Café**  
Wednesday, June 28, 1-2:30 p.m. For older adults, a programme of brain games and socializing.

**June is Seniors Month** in Ontario. In honour of our seniors in the community we have decided to host our first indoor fair since before COVID. This fair will give you an opportunity to meet face to face with over 16 health care providers, receive valuable information and maybe even win a door prize.

**Thursday, June 15th, 2023 1:30 p.m. - 3:00 p.m.**



**Why:** To celebrate National Seniors Month

**Who:** Meet face to face with 12+ health care agencies

**When:** Thursday, June 15th, 2023 1:30 p.m. - 3:00 p.m.

**Where:** Danube Seniors Leisure Centre – 715 Simcoe Road.

For more info contact:

**Linda Ind at 905-775-0612 or**

**[linda.ind.8@sympatico.ca](mailto:linda.ind.8@sympatico.ca)**



## Seniors Health & Wellness Fair

### AGENDA

- 1:30 p.m. Mayor James Leduc will proclaim National Seniors Month and World Elder Abuse Awareness Day
- 1:40 p.m. Elisabeth Aschwanden from South Simcoe Police will do a brief update on new Frauds & Scams
- 2:00 p.m. Everyone will move to viewing the booths
- 3:00 p.m. Door prizes will be drawn
- 3:30 p.m. Closing remarks

## Saturday Afternoon Matinée

At last, after 3 years (!!!), Saturday afternoon movies have returned to the Danube Centre!

Thanks to a member who loved the movie so much she bought her own copy and let us use it, we were treated to a recent release: "A Man Named Otto". Tom Hanks at his curmudgeonly best.

The cost of a movie matinée is still \$3.00 to cover popcorn and drinks. This time we were also treated to after-movie charcuterie boards provided by Holland Gardens. Thank you!

The next movie afternoon is tentatively scheduled for **Saturday, July 8th**. Movie: TBD. If you have any movie ideas, please leave a note for me in the office or email Jan at: [danubeseniors@rogers.com](mailto:danubeseniors@rogers.com).

-- Jan Evans



# Saturday Afternoon Matinée photos





IN CELEBRATION OF  
JUNE IS SENIORS MONTH



# THE DREAMBOATS

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# POP-UP COVID-19 VACCINE CLINIC

**Danube Seniors Club**

715 Simcoe Rd., Bradford

FRIDAY

**JUNE 9**

**10:00am – 3:00pm**

**Primary Doses available for eligible people 6 months+**

**Booster Doses available for eligible people 5 years+**

Appointments can be booked at <https://covid-19.ontario.ca/book-vaccine> or by calling **1-833-943-3900**. Walk-ins accepted while supplies last. [smdhu.org/getvaccinated](https://smdhu.org/getvaccinated)



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## Test Your Flower Power Trivia Quiz



1. The very expensive spice, saffron, comes from what flower?
2. Name Scotland's national flower.
3. A part of what flower can be substituted for onions in a recipe?
4. Which flower (weed) is a good source of vitamins?
5. Which flowers are always facing the sun?
6. Name the flower which not only has the largest bloom, but is also the stinkiest flower in the world.
7. Name a few flowers that close at night.
8. Name a few vegetables that are actually flowers.
9. Who is the Roman goddess of spring and flowers?
10. Which wild flower has only 5 petals, but can be bred to reach over 100?

(With permission of "The Curious Guide")

Flower Power answers on page17.

## Spot the Difference 10 to find!





Are you looking for socialization & stimulation for your loved one?

As a caregiver, would you like more time for yourself?

## How can we help?

Our team is happy to provide more information or answer any questions. We are here to support you and your loved ones.

### Contact us at:

-  705-435-7218
-  info@matthews.house
-  Matthews.House
-  131 Wellington St. E, Alliston ON

### Find us on social media:

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Memory Care & Dementia Day Program

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## Spot the Difference 10 to find!





## Celebrating Mel

On Friday, May 5th, the Carpet Bowling Group surprised our wonderful community partner, Melissa from Holland Gardens, with a birthday card, a cupcake and a bouquet of flowers from Linda's Floral Designs. We lit the candle and sang "Happy Birthday", but we kindly stopped short of the "Are you 1, are you 2?" 😊

Many happy returns, Mel!



**Patriotic Line Dancers**

# In their 90s, these CrossFit 'superstars' are on the move Age won't stop women from fitness training at west Ottawa gym

(With permission of [Sannah Choi](#) · CBC News) · Posted: May 07,



## Meet the 'superstars' of this Kanata CrossFit gym

Primrose Paruboczy, 90, and Christine Temple-Fentimin, 94, train weekly with Adam Phomin, founder of CrossFit Closer gym in Kanata.

From doing burpees on hands and knees to pull-ups on wooden rings, two women in their 90s are proving age is just a number at a CrossFit gym in Kanata.

"Those two are the superstars of this place," said Adam Phomin, the founder of CrossFit Closer gym. "When they walk in, everybody's like, 'I wanna be like that.'"

Christine Temple-Fentimin, 94, and Primrose Paruboczy, who will turn 91 this month, each train with Phomin individually for one hour every Wednesday morning.

Their faces both light up at the mention of his name.

"Adam is very good at encouraging you to do things," said Temple-Fentimin.

"He's just a lovely man," said Paruboczy. "It has made a big difference coming here."

## Weekly training sessions

Temple-Fentimin began training weekly with Phomin five years ago and continued to train virtually throughout the pandemic.

In December, Phomin started working with Paruboczy after she told her family she was worried about her mobility, or lack thereof.

Her daughter, Melody, had been driving Temple-Fentimin as a companion to the weekly sessions and was impressed by her growing strength and Phomin's genuine and gentle nature.

"My mom used to say, 'Mel, could you please come and take me for a walk? If I don't get up and start doing something, I'm not going to be able to walk,'" said Melody.

Melody then told her mom, "Do I have a place for you!"

## Squats are most important

CrossFit is known to consist of high-intensity interval training exercises. Phomin said all ages and levels are welcome at his gym.

He said exercises for older clients are no different than the ones for younger clients, but they just involve a little more support. They will work incrementally until they can do the full movement on their own.

He starts each session holding the client's hand and walking around the gym — what he calls "rapport building" as they catch up from the week before.

From there, they'll work on several exercises to get their blood flowing and heart rate up, like burpees,



rowing, wooden rings and deadlift presses.

Paruboczy, 90, says her favourite exercise is using the rings to pull herself up. (Sannah Choi)

But the most important one is the squat.

"It's the most important thing we do. I always tell people, 'If you can't squat, you've got a problem, right?' You need someone helping you up off a chair, off a couch, off a toilet," said Phomin.

As people age and the risk of falling rises, the ability to get back up is key, he said.

Phomin has seen great progress in both women since they joined and it excites him to see them getting lower to the floor while doing burpees and squats, and getting themselves up.

"It shows me that when they're at home they have the capacity to do those things," he said.

"It's about knowing that when they step out here, their life is getting easier, or at least not getting harder."

The hour of training wraps up with stretching and using the massage gun.

"I'm absolutely amazed at what I can do," said Paruboczy, who said she was a couch potato before seeing Adam. "I didn't ever think I'd be able to do [the exercises], but when I do it, I'm just like 'yay, I did it!'" she said.



Temple-Fentiminj, 94, works on her burpees during a Wednesday training session with Phomin. (Michel Aspirot/CBC)

Temple-Fentimin said she thinks she surprises Adam sometimes with what she can do.

"I think I always knew I could do [challenging] things," she said, noting she likes coming to the gym for the equipment and "a little bit of competition."

### **'If you don't use it, you'll lose it'**

Both women recall being physically active and athletic in their youth and adult years.

Temple-Fentimin grew up walking around her village in England daily, swimming and playing on the field hockey team.

Paruboczy recalls running and biking to anywhere she needed to go.

Both women in their 90s think it's important for seniors to stay active and to make it a priority to walk around.

"If you don't use it, you'll lose it," they both said.

## Jokes for June

Patient: "Doctor, you have to help me, I think I can see in the future."

Doctor: "When did it start?"

Patient: "Next Friday."

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard.

After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

Where can single men over the age of 70 find younger women who are interested in them?

Try a bookstore under fiction.

A senior is sitting at a bar when a young woman walks in and sits down a few seats over.

The senior man gets up, shuffles over to

her, leans in, and asks, "So... do I come here often?"

After my 91-year-old mother finished having her hair cut and shaped, the stylist announced, "There, now you look ten years younger." My mother, unimpressed, replied, "Who wants to look 81 years old?"

My nine-year-old daughter walked in while I was getting ready for work.

"What are you doing?" she asked.

"Putting on my wrinkle cream," I answered.

"Oh," she said, walking away. "I thought they were natural."

"How was your blind date?"

"Terrible! He showed up in a 1932 Rolls-Royce."

"What's so terrible about that?"

"He was the original owner."

## Office Wishlist

Are you downsizing or just clearing out?

The Danube office could use some new (or just improved) equipment that you might not have a use for. Our electric pencil sharpener has seen better days; the paper cutter is cracked, and our three-hole no longer punches. Glue sticks, correction fluid and coin wrappers would also be welcome.

Can you help? We'd certainly appreciate it. (We don't, however, need scissors or shredders; we have plenty of those).



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1466 Mount Albert Rd, East Gwillimbury  
[reveraliving.com/SharonCorners](http://reveraliving.com/SharonCorners)



To all our members who are celebrating a birthday this month.

happy birthday!

### SUNDAY PAPER

The irate customer calling the newspaper office, loudly demanded to know where her Sunday edition was.

"Madam", said the newspaper employee, "today is Saturday. The Sunday paper is not delivered until tomorrow, on SUNDAY".

There was quite a long pause on the other end of the phone, followed by a ray of recognition as she was heard to mutter, .....

"Well crap, that explains why no one was at church either.



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## History Snippets

**1860:** Writer J.M. Barrie, the creator of Peter Pan, is born in Kirriemuir, Scotland.

**1921:** Author Farley Mowat is born in Belleville, Ont. He grew up in Windsor, Ont., and Saskatoon. His novels, including Lost in the Barrens, which won the Governor General's Award, and other non-fiction works, have been translated into more than 20 languages.

**1960:** The U.S. Food and Drug Administration approves the world's first commercially produced birth-control pill — Enovid-10.

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## Test Your Flower Power

### Answers

1. The spice originates from a flower called *crocus sativus*—commonly known as the "saffron crocus." Each flower produces only three threads (stigmas) of saffron, and it blooms for only one week each year. The saffron must be harvested—by hand—in the mid-morning, when the flowers are still closed in order to protect the delicate stigmas inside. It takes about 1,000 flowers to produce just one ounce of saffron.
2. Wild thistle. There are several different legends that tell how the thistle became Scotland's symbol, but most date from the reign of Alexander III and in particular the events surrounding the Battle of Largs in 1263.
3. Tulip bulbs
4. Dandelions might seem like weeds, but the flowers and leaves are a good source of vitamins A and C, iron, calcium and potassium. One cup of dandelion greens provides 7,000-13,000 I.U. of vitamin A.
5. Sunflowers are always facing the sun. Sunflowers move throughout the day in response to the movement of the sun from east to west.
6. The *Rafflesia arnoldii* is the flower with the largest bloom. You can find it in Indonesia's rainforest. When *Rafflesia* blooms, it smells like rotting flesh. That is why this flower is also known as "Stinking Corpse Lily".
7. Flowers like tulips, crocuses, hibiscus, and poppies close at night. This behavior is called nyctinasty. Scientists believe that plants are doing it to protect their pollen from getting wet from dew, because insects carry dry pollen better than wet pollen, which means there is a higher chance for reproduction.
8. Artichokes, broccoli, cauliflower
9. Flora
10. The wild rose has only 5 petals, but in artificially bred rose varieties the number of petals can reach 128.



**1941:** New York Yankees outfielder Joe DiMaggio begins his record 56-game hitting streak with a single off Edgar Smith of the Chicago White Sox. DiMaggio's record still stands.

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# Danube Program Calendar

MON	TUE	WED	THUR	FRI
<b>9:00 am</b> Woodshop	<b>9:00 am</b> Walking Club	<b>9:15 am</b> Line Dancing	<b>9:00 am</b> Woodshop	<b>11:00 am</b> Fitness with Jennifer
<b>9:15 am</b> Scrapbooking	<b>11:00</b> Chair Fitness	<b>1:00 pm</b> Mixed Games ↓	<b>10:00 am</b> Quilting Group	<b>12:15 pm</b> Tai Chi (Chai Tea)
<b>9:30 am</b> Pool	<b>1:00 pm</b> Crazy Canasta	Includes: Rummycube, Cribbage, Dominoes, Pool etc.	<b>11:00 am</b> Chair Yoga	<b>1:30 pm</b> Carpet Bowling
<b>1:00 pm</b> Bridge	<b>1:00 pm</b> Goldenaires	<b>Social Meeting, second Wednesday of each month 1:00 pm. Contact Linda at</b>	<b>1:00 pm</b> Regular Euchre	
	<b>7:00 pm</b> Bid Euchre	<a href="mailto:neller4880@sympatico.ca">neller4880@sympatico.ca</a> for more information		

## Card Games Results

<b>BRIDGE</b>			<b>EUCHRE</b>			<b>BID EUCHRE</b>		
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<b>May 1</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Fred P. Rosemary S.	<b>May 4</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Larasine E. Al C. & George M.	<b>May 2</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Ike E. Marianne B.
<b>May 8</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Fred P. Darcy E.	<b>May 11</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Marilyn J. John F.	<b>May 9</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Gary E. Carol H.
<b>May 15</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Sally P. Darcy E.	<b>May 18</b>	1 <sup>st</sup> 2 <sup>nd</sup>	John F. Arlene P. & Gary L.	<b>May 16</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Rose B. Grethe J.
<b>May 22</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Carol C. Neil E.	<b>May 25</b>	1 <sup>st</sup> 2 <sup>nd</sup>	George M. Fran	<b>May 23</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Rose B. Yvonne W.
<b>May 29</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Gerry D. Sally P.				<b>May 30</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Linda C. Yvonne W.