



PRESIDENT'S MESSAGE



Yesterday I attended my Grandson's and Granddaughter's high school graduations held at Durham College. Over 400 students received their diplomas. The Ceremony lasted over three hours. Sitting for so long in an extremely cold arena on hard benches was a bit trying. Tonight, I am going to the Innisfil Rec Centre to present the "Danube Award" to a BDS student. I wonder if I should hide a pillow, a blanket, and a pair of socks in my purse. Just in case!


On June 15th we hosted a very well attended Seniors Health and Wellness Fair. It's so rewarding to the organizers of these events to see the response by our members and the community. There is always something new to discover. The poster on downsizing is now taped to my fridge. After 50 years in the same house, I need all the help I can get.

The Seniors Police Academy is returning starting July 18 to August 22, 2023, 12:30 to 3:00pm at the Danube Centre. This is an incredible well-presented event. Anything you ever wanted to know about policing and related services will be discussed. You have Questions, they will have the answer. Pre-registration is required. Call (905) 775-0612 or email danubeseniors@rogers.com.

Now I'd like to express our thanks and gratitude to Olga Bishop: for many years Olga has been in charge of the Danube Boutique, sorting, cleaning and pricing countless bags of clothing. In the process, turning a part of the Craft room into a little shopping centre, and providing the club with a steady income. So again, Thank you from all of us.

Lynn Kanyo, our newly elected Member-at-Large, has volunteered to be the new manager of the Boutique.

The next movie afternoon is July 8th at 1 p.m. We will show "ELVIS". Austin Butler did a wonderful job of playing the King. Charge is still only \$3 for refreshments.
Until next month - Elke

 **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 Email: danubeseniors@rogers.com**



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Grace Elliot has been recognised for her 65 years of service. See page 8 for more information

(Photo by Jan Evans)



Check out photos from "The Dreamboats" taken by Jan later on in the newsletter.

WOW!!! Our members are so GENEROUS!!! Last month, we asked for a few necessities to replace our aging office tools. And you came through big time!!! Thanks for the coin wrappers, correction fluid, 3-hole punches, electric pencil sharpener and paper cutter. It's refreshing to work with functioning equipment. 😊

– Office Volunteers

Tuesday Chair Fitness has been changed to **10:30 am starting **July 11** until further notice. Thank you.**

A reminder: It is mandatory to show proof of full vaccination when attending the Danube Centre

Seniors Fair



Nearly 20 Community Partners offering services to Seniors introduced themselves to attendees at the Seniors Information Fair held at the Danube Centre on June 15th, which also happened to be World Elder Abuse Awareness Day.

Mayor Leduc opened the Fair by reading the Proclamations for National Seniors Month and World Elder Abuse Awareness Day. Officer Elisabeth delivered a dynamic "Scram to the Scam" presentation, updating attendees on new frauds and scams and how to avoid being victimized.

Afterwards, everyone was invited to tour the booths, gathering information and swag as they went. The Prevention of Senior Abuse Network provided a cake which was cut and served along with tea or coffee. At 3:00, Linda Ind, MC for the afternoon, with help from Mayor Leduc, drew tickets for the door prizes provided by the Community Partners. Winners included: Frank J., John M., Gisele G., Connie S., Lynn K., Ruth C., Edale L., Elaine L., Wanda T., Josie MacF., Lynda U., Maureen E., Jean-Luc P., Betty C., and Elke P. Congratulations!!

Links to photos:

[Event a reminder 'it's important to have community for seniors' - Bradford News \(bradfordtoday.ca\)](#)

<https://photos.app.goo.gl/8QaxbEJWPpRphfVK6>



SENIOR CITIZENS POLICE ACADEMY

Please join us for information sessions presented by SPC Elisabeth Ashwanden and members of the South Simcoe Police Services.

The Academy is open to all Seniors in Bradford West Gwillimbury & Bond Head. Pre-registration is required. (Priority will be given to new participants, a waiting list will be established if necessary.)

Classes run Tuesdays, starting July 18 - August 22, 2023, 12:30 - 3:00 p.m. at the Danube Centre (715 Simcoe Road, Bradford)

To pre-register, call the Danube Centre at (905) 775-0612 or e-mail danubeseniors@rogers.com





When Linda Ind dropped by the Centre on June 2nd, we surprised her with cards and a bouquet of lettuce (she's allergic to all flowers 🙄). We sang "Happy Birthday" (65 big ones) — and then Alex photobombed the picture. Congratulations, Linda!!



New Danube Bench

The Danube Seniors Centre also has a presence in the Bradford Trails system. Mike finally found and photographed the bench we sponsored just before the pandemic. Thanks, Mike!



The Danube bench is located near the entrance to the trail off Northgate Drive, south of Parkside Ct.



Debbie D.

Would you like a shady place to sit and enjoy your lunch? Or maybe a sunny spot for your morning (afternoon) tea? Check out the north yard of the Danube Centre! Deb and Dorothy have transformed the long-empty space with renovated tables, a park bench and floral accents.

At one time, before the trees were planted, the yard was used by Danube members for outdoor BBQ lunches, bocci games and planting activities with children from the neighborhood school. Pictured below, the last of a dozen picnic tables constructed in the Danube wood shop has passed its best before date, so the new tables are a welcome donation. Thanks for all your hard work, Deb and Dorothy!



Dreamboats Concert

"You could be dancin', dancin'..."—oh, wait. We were!!

The Dreamboats sailed into the BWG Leisure Centre on Wednesday, June 14th for a repeat performance of music from the 50's and 60's. Sponsored by the Town of BWG and Holland Gardens Retirement Community in partnership with the Danube Centre, the band's enthusiasm was contagious and dancers of all ages hit the floor at the first drumbeat –and didn't quit until the last chord of the encore, "Twist and Shout". What a blast!

Special thanks to N'diah for the cold drinks, and Melissa for the ice cream treats at intermission.

Can't wait 'til the Dreamboats motor back into Bradford! – Jan Evans



Quotes

1. A woman without a man is like a fish without a bicycle. (Gloria Steinem)
2. The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. (Mark Twain)
3. The world doesn't make sense; so why should I paint pictures that do? (Pablo Picasso)
4. Whether it is the best of times or the worst of times, it's the only time we have. (Art Buchwald)
5. Keep your eyes wide open before marriage, half shut afterwards. (B. Franklin)
6. Alcohol, what's that? It's not in my vodkabulary, but let me check in whiskypedia! (Anon)
7. When I am told; "You're going to regret that in the morning"; I sleep till noon and solve the problem. (Anon)
8. Money frees you from doing things you dislike. Since I dislike doing nearly everything, money is handy. (Groucho Marx)
9. Man invented language to satisfy his deep need to complain. (Lily Tomlin)
10. A good speech should be like a woman's skirt: long enough to cover the subject and short enough to create interest. (Winston Churchill)
11. When I was kidnapped, my parents snapped into action. They rented out my room. (Woody Allen)
12. If you borrow money, borrow it from a pessimist. He won't expect it back. (Oscar Wilde)
13. The scientific theory I like best is that the rings of Saturn are composed entirely of lost airline luggage! (Mark Russell)
14. My therapist told me that to achieve inner peace I must finish what I start. So far, I've finished two bags of crisps and half a chocolate cake. I feel better already. (Dave Barry)
15. Little girl to mother: "If I can't have a midnight snack why do we have a light in the fridge?" (Anon)
16. "How many husbands have I had? You mean apart from my own?" (Zsa Zsa Gabor)
17. All my life I thought air was free... until I bought a bag of chips! (Robin Williams)
18. Stop waiting for Prince Charming. Get up and find him; the poor idiot may be stuck in a tree or something. (Anon)
19. On being called 'two faced' Abraham Lincoln said: "If I had another face, do you thing I'd wear this one?"
20. Don't fear perfection - you'll never reach it! (Salvador Dali)



Grace Elliot

is acknowledged for her 65 years of service. The Women's Institute recognized many long-serving members including Grace.

(Photo credit Paul Novosad)

Click: [Here](#) For the full online article at Bradfordtoday.

CANADA DAY

WORD SCRAMBLE

ALEPM FELA _____

FGLA _____

ROUNTYC _____

DER _____

TAPRY _____

EPDARA _____

UNF _____

YULJ RSFIT _____

KRWESRFIO _____

CABTELREE _____

ITWHE _____

OCKHYE _____

AEBREV _____

ILDOHAY _____

RTO NH _____

WTOAAT _____

TAYIBDRH _____

NAAADC _____

FCANTOEERIDNO _____

TPNAERLMIA _____

OOEMS _____

EMOITUN _____

RNEANRVSAIY _____

PSICIN _____

Trivia Quiz - Birds of a Feather



1. What bird can be found in every continent but Antarctica?
2. Which bird has the largest eyes of any animal that lives on land?
3. Which bird can sleep with one eye open?
4. Which bird can soar effortlessly in the sky for hours at a stretch without flapping its wings.
5. Which bird is the only one that cannot fly, but are fast swimmers and can jump up to 9' feet.
6. Which bird is known to be highly intelligent and can even recognize human faces?
7. Birds do not have teeth. Name the muscular organ that helps with digestion.
8. Name the bird with the smallest egg and the bird with the largest egg.
9. Which bird can turn their heads almost 360 degrees?
10. What bird was used to deliver messages?



(Courtesy of the Curious Guide)

Answers on Page 15



3-minute Fudge

Ingredients: 2 cups semi-sweet chocolate chips, 1 can of condensed milk sweetened, and 1 tsp of vanilla extract

Recipe: Pour chocolate chips and condensed milk in a microwave-safe bowl, microwave for 1 minute, stir together until melted (may have to do another 30 seconds in the microwave), stir in vanilla extract. Pour into pan and set in refrigerator until hard (about 1-2 hours).

How many birds does it take to change a lightbulb?

-Toucan do it!

What do you call a bird who stars in action movies?

-Steven Seagull!

How does a Penguin build a LEGO house?

-Igloos it together

What birds spend all their time on their knees? **Birds of prey!**

What do you call a sick eagle? **Illegal**

source: <http://www.jokes4us.com/animaljokes/birdjokes.html>

Solution

CANADA DAY

WORD SCRAMBLE

ALEPM FELA **MAPLE LEAF**

FGLA **FLAG**

ROUNTYC **COUNTRY**

DER **RED**

TAPRY **PARTY**

EPDARA **PARADE**

UNF **FUN**

YULJ RSFIT **JULY FIRST**

KRWESRFIO **FIREWORKS**

CABTELREE **CELEBRATE**

ITWHE **WHITE**

OCKHYE **HOCKEY**

AEBREV **BRAVE**

ILDOHAY **HOLIDAY**

RTONH **NORTH**

WTOAAT **OTTAWA**

TAYIBDRH **BIRTHDAY**

NAAADC **CANADA**

FCANTOEERIDNO **CONFEDERATION**

TPNAERLMIA **PARLIMENT**

OOEMS **MOOSE**

EMOITUN **MOUNTIE**

RNEANRVSAIY **ANNIVERSARY**

PSICCIN **PICNICS**

Goldenaires Concert at The Elden

The final Goldenaires concert of the year took place at The Elden on the afternoon of Tuesday, June 6th. It hardly seems possible that another year of laughter, singing, snacks, and concerts in the community has come to an end!

We performed to a capacity crowd that included the Danube Centre's Founding President, Sylvia Luxton (what a lovely surprise!), former Goldenaire Pat Kneeshaw (another lovely surprise!), and several Danube members who now reside at The Elden.

The audience sang along with "Bye, Bye Love", "All I Have to Do is Dream" and "All You Need is Love"; they commiserated with Sid Jackson's poem about "AIDS" (Rol-aids, Band-aids, hearing aids, etc.); they reminisced with Bill Bishop "Out Behind the Barn", and they laughed out loud at the jungle sounds that Bill added to "The Lion Sleeps at Night". Even the choir struggled to maintain their composure!

The Goldenaires wish to thank Director Janet Evans and Accompanist Donna Gustafson for putting up with our antics all year. We look forward to starting again in September.



Goldenaires



The Goldenaires performance at the Canadian Tire Store



Blast from the Past

Five Short Jokes for Canada Day

1) Canadian Habits

There are two seasons in Canada - winter and July. Hence the celebrations on July 1st. In Canada, the local paper covers national and international headlines on two pages, but requires five pages for ice hockey.

Canada is a country whose main exports are hockey players and cold fronts. Our main imports are baseball players and acid rain. – Pierre Trudeau

2) Canadian on Fire

Ronnie, a Canadian, came home and found his house on fire; he rushed next door, telephoned the fire department and shouted, 'Hurry over here... My house is on fire.'

'OK,' replied the fireman, 'how do we get there?'

What? Don't you still have those big red trucks?'

3) On the Canadian Border

Maisie, an elderly woman lived on a small farm in Canada, just yards away from the North Dakota border. Their land had been the subject of a minor dispute between the United States and Canada for years. The widowed woman lived on the farm with her son and three grandchildren. One day, Albert, her son came into her room holding a letter. 'I just got some news, Mom,' he said, 'the government has come to an agreement with the people in North Dakota. They've decided that our land is really part of the United States. We have the right to approve or disapprove of the

agreement.

What do you think?'

'What do I think?' sighed Maisie, 'sign it. Call them right now and tell them we accept. I don't think I can stand another Canadian winter.'

4) Clever Canadian

Jacques Larouche, a Canadian calls the RCMP, 'Hello is the RCMP? I'm calling about my neighbour, Étienne Dubois. He is hiding marijuana in his firewood.'

The next day the RCMP descends on Étienne's house and search the shed where the firewood is kept. They break open every piece of firewood, but find no marijuana. They apologise to Étienne and leave. Now the phone rings at Étienne's.

'Hey Étienne, did the RCMP come to your house?'

'Yep.'

'Did they chop all your firewood?'

'Yep.'

5) Stereotypical Canadian

A Canadian is someone who drinks Brazilian coffee from an English teacup and munches a French pastry while sitting on their Danish furniture having just come home from an Italian movie in their German car. Then picks up their Japanese pen and writes to their Member of Parliament to complain about the American take-over of the Canadian publishing business.

Instead of getting married again, I'm going to find a woman I don't like and just give her a house. - Rod Stewart

I was married by a judge. I should have asked for a jury. - Groucho Marx

The difference between stupidity and genius is that genius has its limits. - Albert Einstein

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. - Mark Twain

I've had a perfectly wonderful evening, but this wasn't it - Groucho Marx

Some cause happiness wherever they go. Others, whenever they go! - Oscar Wilde

Birds of a Feather - Answers

1. You can find the peregrine falcon on every continent but Antarctica. They live in wide-open spaces and can be found everywhere, including deserts. The peregrine falcon can also live on bridges and skyscrapers.
2. When an ostrich looks at you, it is difficult to avoid making eye contact. The bird's eyes are bigger than its brain and five times bigger than the eyes of humans.
3. Ducks have a single-brain sleeping pattern; half of their brain sleeps while the other half stays awake and active. When ducks sleep in a group, the ducks on the outer rim sleep with one eye open and alert for predators within their vicinity. Mallard ducks display a more erratic sleeping behavior. They sleep with one eye open and one leg on the water. They do this to conserve heat while they roost on water.
4. Albatrosses are one of the biggest seabirds, with the longest wingspan of most birds in the world. This bird can soar effortlessly in the sky for hours at a stretch without flapping them. They do this by harnessing wind energy under their wings. They can go hundreds of miles feeding on fish and squid. Even more fascinating is that this bird can sleep while flying, however, only for a few seconds.

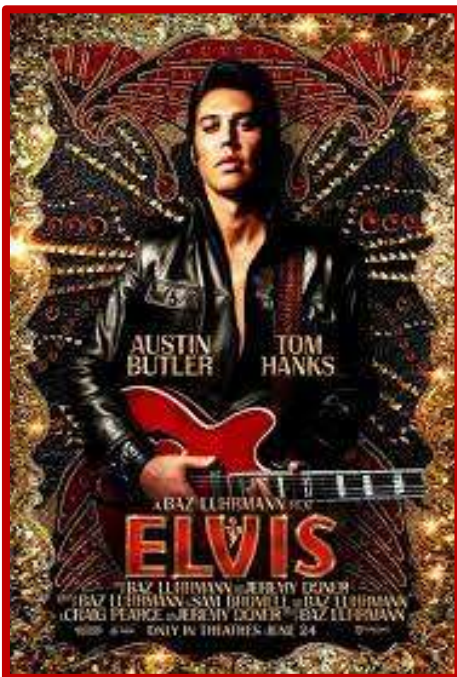


5. A penguin walks upright. They are also the only bird that cannot fly. As they approach the water, penguins can sometimes jump to propel themselves into the water faster. They can also jump out of the water and on land by swimming super fast - and can jump as high as 9 feet from the sea and onto the shore.
6. Crows that belong to the raven family are incredibly intelligent birds. They can recognize the face of humans and even navigate human environments.
7. Birds that eat insects, like worms and ants, and small animals use their beaks to grab and swallow their meal. They swallow food whole. A muscular organ in their stomach called the gizzard grinds the food for digestion.
8. The smallest bird egg belongs to the hummingbird and is the size of a pea. The largest bird egg, from which the ostrich hatches, is the size of a cantaloupe.
9. Owls turn their heads almost 360° (a complete circle) but they cannot move their eyes.



10. Pigeons were used for millennia to deliver messages, including important military information, and the outcome of the early Olympic games. They were used as recently as World War II to carry messages.

Danube Saturday Afternoon at the Movies, July 8th at 1 pm



Elvis

*Starring Tom Hanks as Colonel Tom Parker
and Austin Butler as Elvis.*

The cost of the movie and snacks is still only \$3.00.

Prior to its world premiere at the [Cannes Film Festival](#), [Lisa Marie Presley](#), Elvis's daughter, praised the film in an Instagram post after seeing it twice, and she went on to give her thoughts on Butler's performance as her late father, stating that he "channeled and embodied my father's heart and soul beautifully. In my humble opinion, his performance is unprecedented and FINALLY done accurately and respectfully". (Wikipedia)





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




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The pedestrian light on the corner beeps when it's safe to cross the street. I was crossing with an 'intellectually challenged' coworker of mine. She asked if I knew what the beeper was for. I explained that it signals blind people when the light is red. Appalled, she responded, 'What on earth are blind people doing driving?'



Please remember the Danube is a perfume and aftershave free centre. Many people are allergic to these products.

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When my wife and I arrived at a car dealership to pick up our car after a service, we were told the keys had been locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver's side door. As I watched from the passenger side, I instinctively tried the door handle and discovered that it was unlocked. 'Hey,' I announced to the technician, 'it's open!' His reply, 'I know. I already did that side.'

News Snippets

1861: The Maid of the Mist becomes the first ship to navigate the Niagara River's Whirlpool Rapids.

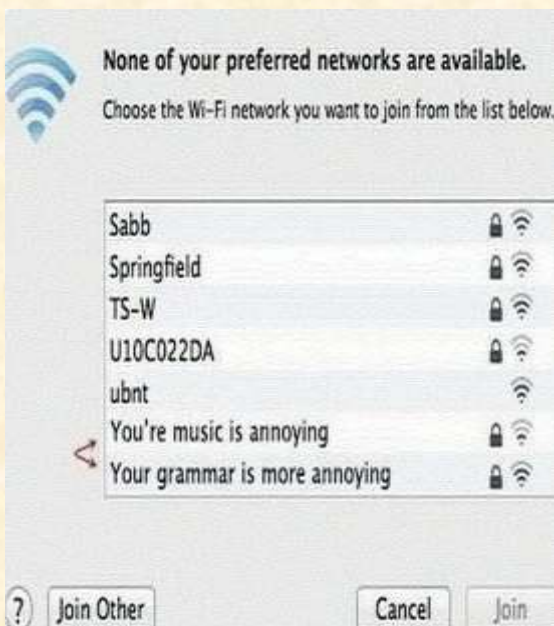
1917: Fighter pilot Billy Bishop, a 23-year-old from Owen Sound, Ont., stages a solo attack on a German airfield. For his action, he became the first Canadian aviator awarded the Victoria Cross.

1861: The Maid of the Mist becomes the first ship to navigate the Niagara River's Whirlpool Rapids.

1933: The world's first drive-in movie theatre opens in Camden, N.J.

1944: On D-Day, Allied soldiers scramble ashore in Normandy, France, as ships and planes attack German positions, and paratroopers secure a hold farther inland.

1953: Queen Elizabeth II is crowned in London's Westminster Abbey. She had assumed the throne 16 months earlier upon the death of her father, King George VI.



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Danube Program Calendar

MON	TUE	WED	THUR	FRI
9:00 am Woodshop	9:00 am Walking Club	9:15 am Line Dancing	9:00 am Woodshop	11:00 am Fitness with Jennifer
9:15 am Scrapbooking	10:30 Chair Fitness Starting July 11	1:00 pm Mixed Games ↓	10:00 am Quilting Group	12:15 pm Tai Chi (Chai Tea)
9:30 am Pool	1:00 pm Crazy Canasta	Includes: Rummycube, Cribbage, Dominoes, Pool etc.	11:00 am Chair Yoga	1:30 pm Carpet Bowling
1:00 pm Bridge	1:00 pm Goldenaires <i>(On hiatus until the fall)</i>	1:00 pm Social Meeting 2 nd Wednesday of the month. ↓	1:00 pm Regular Euchre	
1:00 pm Book Club First Monday of the month	7:00 pm Bid Euchre	Contact Lynda at neller4880@sympatico.ca for more information		

FOOT CLINIC DATES: July 25, Aug.29 – Call Dawn 705.727.8814. By Appointment only

Card Games Results

<u>BRIDGE</u>	<u>EUCHRE</u>	<u>BID EUCHRE</u>
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June 5	1 st 2 nd	Sally P. Rosemary S.	June 1	1 st 2 nd	Elke P. Laraine E.	June 6	1 st 2 nd	Paul B. Hank V.
June 12	1 st 2 nd	Sally P. Cathy R.	June 8	(1 st Tie 2 nd)	Elke P. & Don J.) Fran B.	June 13	1 st (2 nd Tie)	Donnie C. Linda C. & Bonnie L.)
June 19	1 st 2 nd	Cathy R. Rosemarie S.	June 14	1 st (2 nd Tie)	Berta C. Marilyn R. & John F.)	June 20	1 st 2 nd	Donnie C. Gail B.
June 26	1 st 2 nd	Fred P. Sally P.	June 22	1 st 2 nd	Marilyn B. Connie C.	June 27	1 st 2 nd	Connie C. John F.
			June 29	1 st 2 nd	John F. William S.			