



### **Issue 195**



August 2023

### PRESIDENT'S MESSAGE



Nothing worth mentioning happened in July. I have no funny little story to share with you. There is so much upheaval, uncertainty and suffering in so many parts of our country. I am just grateful every day that my family, friends and the people around me are safe.

For more than 25 years the Danube Centre has hosted a Euchre afternoon. Before Covid we filled 10 tables, sometimes more. These days participation has dwindled to 6 or fewer tables. Where are all the Euchre players? Who out there played in their younger years and now feels too rusty to join us? Playing Euchre is like riding a bike, you never forget. All you need is a refresher course. Which we will gladly provide. Nobody will yell at you for trumping your partner's ace. Never, ever played Euchre but interested in learning? Contact us, we will teach.

Crazy Canasta is played with 7 decks and with 3, 4 or 6 players. It is a straightforward card game. No big strategies are necessary. You get the cards you will have a wonderful, enjoyable afternoon. If you don't understand the game, it can get a little frustrating. But that is the nature and the fun of playing cards. Come on out and join us in the craft room on Tuesdays at one o'clock.

A few months ago, we introduced Mixed Games on Wednesday afternoon. Not quite the success we had hoped for. A small group is playing RummyCube and Dominoes. The cribbage and dart boards remain idle. Let's hope participation will pick up in the fall. Do you have a favourite Board Game in the cupboard but nobody to play with? Come on out and teach us.

Carrot Fest is back in town. Last year we shared a booth with Holland Garden. This year The Elden has offered us space to sell our popular Gwillies in support of Ronald McDonald House. Over 1,000 carrots have been cut, sown and stuffed. The baskets are ready and so are the volunteers. Say Hello to us on August 19!

So long, 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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### **DANUBE MEMBERS**

This month we have a question for you:

"Do you think the monthly newsletter is too long?"

We originally extended the newsletter during Covid as members were unable to visit the Danube in person and to provide some entertainment, albeit in newsletter format.

If so, what would you like to see less of?

- a. Quizzes
- b. Photos
- c. Jokes/Quotes
- d. History Nuggets
- e. Flyers from other organizations
- f. Other suggestions of items that you would like removed <u>or</u> added to the newsletter.

Click to send your responses **here** 

Thank You!

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

### **Footcare Clinic Update**

We are sorry to inform everyone that Dawn will no longer be running her foot clinic at the Danube.

We would like to pass on our thanks to Dawn for her excellent care during the many years that she has been attending to our feet needs here at the Seniors Centre.

### **Danube Book Club**



Do you like to read and talk about the books that you are currently reading or have read in the past? If the answer is yes, why not join our book club? We meet the first Monday of the month in the craft room at 1 pm.

Join us to enjoy a sociable hour of conversation about books and anything else that may come up. The next meeting is on Monday, September 4<sup>th</sup>. Contact Edale at <a href="mailto:e.levene@outlook.com">e.levene@outlook.com</a> or let the office know.

### Are you an August Baby?

### august

### adjective

- 1. inspiring reverence or admiration; of supreme dignity or grandeur; majestic: an august performance of a religious drama.
- 2. venerable; eminent: an august personage.





### **Subject: Holy Trinity Graduation**

Dear Elke Pitkin,

On behalf of the Graduation Committee of Holy Trinity High School, I'd like to thank you for donating an award to our Graduating Class of 2023. We had our ceremony on Wednesday June 28th and the students were excited to receive their diplomas and awards. We thought you would enjoy seeing the recipient of your award, *Natanel Kalpi*, so I have attached the student's photo. If you would like to share this photo to your social media platforms to acknowledge your support of our graduates, please do so!

We thank you for your support, and we wish you a wonderful and safe summer. We hope you can continue to support our future grads!

Sincerely,

The Graduation Committee

Maureen Reesor Guidance Chairperson Holy Trinity Catholic High School

### 

The County of Simcoe and the Town of Bradford West Gwillimbury would like to advise the public about upcoming pedestrian and vehicular impacts due to the construction of the new affordable housing project in Bradford.

The upcoming site works will cause pedestrian and vehicular impacts starting July 31, 2023, and are expected to last approximately three weeks.

### **Pedestrian impacts**

Pedestrian impacts during the works will include alternating intermittent closures of the east and west sidewalk on Simcoe Road, from Marshview Boulevard to Edward Street. Directional signage will be erected in the affected area, directing pedestrians to the proper route.

### **Vehicular impacts**

Vehicular impacts are also expected as the project team commences with the excavation and drilling for water main connection on Simcoe Road. Alternating intermittent closures of both northbound and southbound lanes are expected during this time. Traffic control and directional signage will be erected in the affected area, directing motorists to the proper route. Travel within the closed lane is restricted. However, access to driveways will be maintained.

### "Elvis"

On July 8<sup>th</sup>, the Danube Saturday afternoon matinée featured the movie "Elvis", starring Austin Butler as 'The King' and Tom Hanks as his manager, 'Colonel Tom Parker'. If you have seen Tom Hanks' portrayal of death row supervisor Paul Edgecomb in "The Green Mile", a man of integrity and empathy, you will be unprepared for his Colonel Tom Parker in this movie: to say the characters portrayed are polar opposites would be an understatement!

It was hard to not sing along with all of Elvis's hits (I still have the LPs of the Christmas TV special and the Vegas special—who could forget the 20-ft tall red 'ELVIS' sign behind the white jumpsuit?).

It was also hard to <u>not</u> "Boo" the Colonel every time he opened his mouth (I ate a lot of popcorn keeping my mouth shut)!

Holland Gardens provided charcuterie boards and Debbie Davidson baked lovely sweets for after the movie. Thank you!

Special thanks to Elaine Love for sharing her Graceland display with us.

The next Saturday movie will be in September. If you have a suggestion (PERHAPS A COMEDY), please leave a note or phone message for Jan in the office (905-775-0612), or email the Centre at <a href="mailto:danubeseniors@rogers.com">danubeseniors@rogers.com</a>.



### **Senior Citizen Police Academies -- 2023**

Once again, the SCPA's organized by SPC Elisabeth Aschwanden are taking place in the main hall at the Danube Centre on Tuesday afternoons (Thank you Canasta players for giving up your summer space!). So far, we have met John Van Dyke, the new Chief of the South Simcoe Police Service, and listened to informative presentations about BWG Fire Services, the SSPS Auxiliary Force, 2-1-1 Community Connections, Frauds and Scams,

Personal Safety, etc. Each session has proven to be informative and interactive.

And there's no 'numb bum' involved, either, as there is a mid-afternoon break with delicious snacks provided by Holland Gardens and the Elden. (Thank you, Mel and Jaime!).

The Seniors Citizen Police Academies continue until August 22<sup>nd</sup>.



- The scientific term for brain freeze is "sphenopalatine ganglioneuralgia."
- Canadians say "sorry" so much that a law was passed in 2009 declaring that an apology can't be used as evidence of admission to guilt.
- Back when dinosaurs existed, there used to be volcanoes that were erupting on the moon.

- ♣ The only letter that doesn't appear on the periodic table is J.
- One habit of intelligent humans is being easily annoyed by people around them but saying nothing in order to avoid a meaningless argument.
- ♣ If a Polar Bear and a Grizzly Bear mate, their offspring is called a "Pizzy Bear."
- ♣ In 2006, a Coca-Cola employee offered to sell Coca-Cola secrets to Pepsi. Pepsi responded by notifying Coca-Cola.

### The Street Sweeper

One day, the Churchill couple walked through a posh neighbourhood in London. People greeted and exchanged words with the Prime Minister.

A street sweeper, on the other hand, greeted Mrs. Churchill in particular, and the two stayed aside for a while in a familiar conversation. Churchill later asked his wife what she had had to discuss with a street sweeper for so long.

"Ah... he was in love with me a long time ago," she said.

Churchill smiled and said, "You see, if you had married him, you would be the wife of a street sweeper today."

Mrs Churchill looked at her husband in amazement and said the legendary words: "No Darling, if I had married him, he would be Prime Minister today."

### The Celebrity

One day a famous old Celebrity went to a Nursing Home to see all of his friends again and see how everyone was doing. When he got there he was immediately greeted by everyone because they recognized him instantly.

He said hi to all of his friends warmly but then noticed one man didn't say anything to him, or even give him a glance. This was puzzling. Didn't the man know who he was? Surely, he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The Celebrity went up to the old man and stood in front of him, asking: "Do you know who I am"? The old man looked at him and quickly said: "No, but you can go to the front desk and they'll tell you".

### Alfred Hitchcock Quiz

	Question	Answer	
(1)	Can you name an Alfred Hitchcock film that starred Grace Kelly?	:	
2	True or False. Alfred Hitchcock appeared in almost all the films he directed?	24%	
(3)	Which Alfred Hitchcock suspense film introduced audiences to the crazed motel owner Norman Bates?		
	Alfred Hitchcock directed a film about a former police detective who suffered from a fear of heights. What's the name of the movie?	2 <b>1</b> 2	
(5)	In which Hitchcock film does actress Doris Day sing the oscar winning song Que, Sera, Sera?	1	
6	In which of Alfred Hitchcock's films would you hear the words 'Mother is not quite herself today!'?	( <b>1</b> 3)	
(2)	Where was Alfred Hitchcock Born?		
8	How many Academy Awards has he won?	( <b>1</b> )	
9	Who played the lead role in "The Birds" (1963)?		
10	Which Hitchcock film takes place primarily on a lifeboat after a ship is sunk by a U-boat?	183	
•	In "North by Northwest" (1959), which famous American monument is used as a setting for one of the movie's iconic scenes?	*	
12	Who played the lead role in "Vertigo" (1958)?	(1)	
13	In which Hitchcock film is the lead character accused of a murder he didn't commit?	4	
(14)	Which Hitchcock movie is based on a real-life case involving the notorious British killer John Reginald Christie?	•	
15)	What is the title of the 1963 film in which a wealthy San Francisco socialite fakes her own kidnapping to get her husband's attention, but her plan goes terribly wrong?	1	
16	Who played the lead role in "Notorious" (1946)?	•	
Alfred H	tchcock Quiz © GoldenCarers.com	Page 1 of 3	
17	What is the title of the 1956 Hitchcock film that takes place entirely in one room and follows the investigation into a murder that takes place there?	s <b>:</b>	Solution on Page 10
18	Who played the lead role in "Rebecca" (1940)?	10	
19	What is the title of the 1959 Hitchcock film in which a former tennis pro is hired to kill a man but decides to double-cross	•	
20	What is the title of the 1960 Hitchcock film that features the iconic shower scene?	:	

# CHATS & the Newmarket Library present:

# Ageing Healthy through our Diets





### Wednesday August 9, 2023

10:00am - 11:30am

Please register to attend this HYBRID presentation.



We invite you to join our guest speaker Gwen Cottingham, Registered Holistic Nutritionist & Life Coach.

### **Topics Include:**

- Eating the rainbow.
- Understanding how your body ages.
- How different foods affect our bodies as we age.
- Sleep! What is that?
- How to eat healthy on a budget.

To register, please go to: https://forms.office.com/r/sXndLky43R

For more information contact: the Newmarket Library, Community Engagement at 905-953-5110 X 4860 or

Paula Duncan: pduncan@chats.on.ca





Community & Home Assistance to Seniors **CHATS Head Office** 

240 Edward Street, Suite 1, Aurora, ON L4G 3S9 T 905.713.6596 TF 1.877.452.4287 www.chats.on.ca

Charitable Registration Number: 13209 0978 RR0001

1	To Catch a Thief, Rear Window and Dial for Murder
2	True
3	Psycho
4	Vertigo
(5)	The Man Who Knew Too Much
6	Psycho
7	London
8	6
9	Tippi Hedren
10	Lifeboat
•	Mount Rushmore
12	James Stewart
13	The Wrong Man
14	10 Rillington Place
15	The Birds
16	Ingrid Bergman
17	Dial M for Murder
18	Joan Fontaine
19	North by Northwest
20	Psycho

Answer

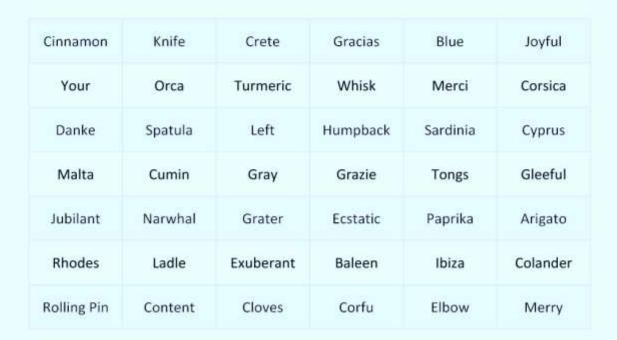
### Fun Riddle #38

# What can you hold in your right hand but never in your left?

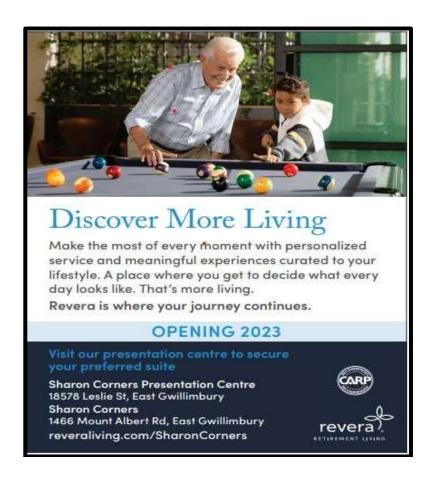
To answer this riddle, follow the steps below.

Once complete, the unmarked words will reveal the answer.

- · Cross-out 6 names of whales
- · Tick 8 kitchen utensils
- Circle 5 ways to say thank you in different languages
- Underline 7 words that mean happy
- · Scribble through 8 islands in the Mediterranean
- Shade 5 spices











### **History Nuggets**

**1533:** Pope Clement VII excommunicates England's King Henry VIII.

**1989:** Vicki Keith of Kingston, Ont., becomes the first person to swim the English Channel using the butterfly stroke.

**1953:** The first Stratford festival launches at Stratford, Ont. The first season featured two Shakespearean plays — *Richard III*, starring Alec Guinness, and *All's Well That Ends Well*. The season ran six weeks and was directed by British producer Tyrone Guthrie in a tent theatre on the banks of the Avon River.



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

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get-well wish goes out to everyone
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and hoping you will
be well very soon.

### Silly Story

So, an elderly Italian man living alone in New Jersey wanted to plant his annual tomato garden, but it was very difficult work, since the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

### Dear Vincent,

I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days. Love, Papa

A few days later he received a letter from his son.

### Dear Pop,

Don't dig up that garden. That's where the bodies are buried.
Love, Vinnie

At 4 a.m. the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son.

### Dear Pop,

Go ahead and plant the tomatoes now. That's the best I could do under the circumstances. Love you, Vinnie

### **Interesting Facts:**

- 1. Australia is wider than the moon.
- 2. You share your birthday with about 20 million people.
- 3. One million seconds is less than 11 days.

One billion seconds is more than 31 years.

- 4. Airplane food isn't very tasty because our sense of smell and taste decrease by around 30 percent during flights.
- 7. Serial killers behave like bees. Scientists studied bee behaviour and found algorithms police now use to catch felons.
- 8. In a 2008 survey, 58% of British teenagers thought Sherlock Holmes was a real person.
- 9. High heels were originally for men.
- 10. The average woman loses 1-2 hours of sleep each night due to over thinking.
- 11. Psychology says if you have the power to go to movies and restaurants alone, you can do anything in your life.

### **Fun Riddle Solution:**

"Your left elbow."









## **Danube Program Calendar**

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

### **Card Games Results**

BRIDGE	<u>EUCHRE</u>	BID EUCHRE

July 3	1 <sup>st</sup> 2 <sup>nd</sup>	Gerry F. Carol C.	July 6	1 <sup>st</sup> 2 <sup>nd</sup>	AI C. Elke P.	July 4	1 <sup>st</sup> 2 <sup>nd</sup>	Bonnie L. Alan B.
July 10	1 <sup>st</sup> 2 <sup>nd</sup>	Sally P. Lawrence B.	July 13	1 <sup>st</sup> 2 <sup>nd</sup>	Bill B. Angelo D.	July 11	1 <sup>st</sup> 2 <sup>nd</sup>	Linda C. Elke P.
July 17	1 <sup>st</sup> 2 <sup>nd</sup>	Cathy S. Fred P.	July 20	1 <sup>st</sup> 2 <sup>nd</sup>	John H. Bruce F.	July 18	1 <sup>st</sup> 2 <sup>nd</sup>	Yvonne W. Carol H.
July 24	1 <sup>st</sup> 2 <sup>nd</sup>	Sally P. Neil E.	July 27	1 <sup>st</sup> 2 <sup>nd</sup>	Connie C. John F.	July 25	1 <sup>st</sup> 2 <sup>nd</sup>	Gary E. Yvonne W.
July 31	1 <sup>st</sup> 2 <sup>nd</sup>	Rosemary S, Cathy R.						