



Issue 196

**September
2023**

PRESIDENT'S MESSAGE



August 19 started on a high note. We arrived at our designated space at 7:30 and the tent was up and the tables and chairs in place. Thank you to "The Elden" for making it so easy for us seniors.

Every year I look forward to Carrot Fest. I enjoy watching the enormous crowd and talking to the people stopping at our booth. I especially love to watch our smallest supporters, the ones barely tall enough to reach the table. Most of them take only a second to make their choice. For others, picking the right Gwilly is serious business. They all leave with a big smile on their faces. By 2:30 all 1,118 Gwillies were sold. Thank you.

In March of 2020 we planned a St. Patrick's Day Luncheon with all the trimmings. Then COVID hit and we had to cancel everything. Absolutely nobody imagined it would take 3 1/2 years for us to plan the next one. I am so excited to announce we will have a "Harvest Lunch" on Thursday, September 28.

Let me give you some history: Last February a committee was formed to look into the availability of federal grant money. It took many hours of research, rewrite and just plain hard work to get an application done on time. And then we waited.....

Would you believe it, they approved our application! The club has received a sizeable grant from the Federal Community Services Recovery Fund. We have hired a part time kitchen manager. You will meet her on the 28th. Can't wait to see you there. It's good to get back another piece of normal. (There are other projects under discussion regarding this grant money. You will hear about it in the next newsletter).

If you enjoy the lunch on September 28, come back for brunch on the 29th. In celebration of International Seniors Day, we will have a Pancake Brunch.

Both of these events require pre-registration. You will find all the details in this newsletter.

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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Danube Centre Upcoming Events

No Frills Crop (Scrapbooking) September 23

Home Alone First Aid September 25

Harvest Festival Hot Lunch September 28

Pancake Brunch September 29

See Flyers included later in the newsletter.

Innisfil Gateway Casino trip - see flyer from BWG Leisure Centre later in the newsletter.

NEW: Monday: Fitness with Jennifer starts September 11 at 10:30pm

Starting September 5th, all Fitness and Yoga classes will start at 10:30.

Choir starts again on September 12th at 1:00pm

Next Coffee & Chat Social Wednesday, September 20th at 1pm.

Thank you to everyone who responded to the August survey on the newsletter.

The majority of members who contacted me agreed that the newsletter content and length is fine as is.

If you missed replying in August and would like to now, please email me at e.levene@outlook.com. I would love to hear your opinion. Thank you!

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

Danube Seniors Centre

715 Simcoe Road, Bradford, ON L3Z 4B4



**Simple
First Aid**



Canadian
Red Cross Training
Partner

Home Alone First Aid Course

Monday, September 25th from 10:00 a.m. – noon



- **Signs of Stroke/Heart Attack**
- **Basic CPR/First Aid skills**
- **How to use the defibrillator at the Danube Centre**

Pre-registration is required call: 905 775-0612

or email: danubeseniors@rogers.com

**Event Sponsored by
Contact Community Services**





September Boutique Sale 50% off Everything.

For the whole month of September
all items will be priced at half-off.



Danube Seniors centre - 715 Simcoe Street, Bradford ON

905 775-0612

Harvest Festival Hot Lunch

September 28th 2023

11:30 A.M - Tickets \$15 per person



MENU

Butternut Squash Soup

Ham

Roasted seasonal vegetables

Dessert

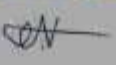
Tea, Coffee

Advance Sales Only - Members only

Dear Elke Pitkin,

As a recipient of the Danube Seniors Leisure Centre Intraductory Kinesiology Award, I would like to thank you. I am very grateful to have been selected for this award. This course and this money is most definitely going to help me in starting my nursing career. I am very excited to fulfill my dream of becoming a nurse anesthetist. This money will be put towards my scrubs and textbooks.

Sincerely,

Natanel Kalpi 



Thank you letter from Natanel Kalpi, the recipient of the Danube Centre's Graduation Gift 2023. (The card was hard to scan as the writing was very faint.)

Statements given to Insurance companies

- Coming down I drove into the wrong house and collided with a tree I don't have.
- The other car collided with mine without giving warning of its intentions.
- I collided with a stationary truck coming the other way.
- The car was all over the road. I had to swerve a number of times before I hit him.
- I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment.
- In an attempt to kill a fly, I drove into a telephone pole.
- I was on my way home after buying some plants. As I reached the intersection, a hedge sprung up obscuring my vision. I didn't see the other car.
- I had been driving for over 40 years when I fell asleep at the wheel and had an accident.
- I was on my way to the doctors with rear end trouble when my universal joint gave way causing me to have an accident.
- To avoid hitting the bumper bar of the parked car in front, I struck a pedestrian.
- My car was legally parked as I backed into the other vehicle.
- An invisible car came out of nowhere, struck my vehicle and vanished.
- I told the police I was not injured but in removing my hat, I found that I had a fractured skull.
- I was sure that the fellow would never make it to the other side of the road when I struck him.
- The pedestrian had no idea which way to run, so I run over him.
- The telephone pole was approaching. I was attempting to swerve out of the way when it struck the front end of my car.



What a great day! After all the gloomy, cool days we've had this summer, Saturday, August 19th dawned bright and sunny: a perfect **Carrotfest Day!**

Partnering with the Elden (Thanks, Jaime!) meant that younger bodies (Jacqueline, Eleni, Matt, and Elan) set up our shared tent and helped promote our Gwilly carrots. Were you lucky enough to get one? Long after we'd sold our last carrot pin (Hurray!!!), people were stopping by the booth asking for

our carrots.

Lots of thank-you's: - to Olga Bishop who organized the craft group to make over 1000 Gwillies. We collected just over \$1400 (people were SO generous!), all proceeds for Ronald McDonald House;

- to our Facilities Director, Mike Agosta, for helping with the set-up and take-down and making sure we all had breakfast;
- to our street-walkers par excellence, Lynda Neller and Sue Grieg, Jan James and Wanda Thomas;
- to Elke Pitkin, Jan Evans and Debbie Davidson for organizing the Danube portion of the booth and greeting festival goers, carrot baskets in hand;
- to Town officials, uniformed By-law officer and South Simcoe Police Auxiliary members who were also sporting our Gwilly pins (for Bill J., it was Gwilly #12!);
- to everyone who stopped by the Elden/Danube booth for a hug, a chat, a photo and, of course, a Gwilly carrot pin.

It was a wonderful day and, all things being equal, we'll see you again next year.

-Jan Evans







International Seniors Day

Pancake Brunch

Friday, September 29th
from 10:30am to 1:00pm

Join us for a delicious pancake brunch in celebration of International Seniors Day. Live music performed by Singin' Cowgirl, Naomi Bristow.

Dust off your favourite western wear. Prizes will be given for best dressed!

Please bring a \$5.00 donation for the Helping Hands Food Bank

RSVP to lindaind_8@sympatico.ca or 905-251-4093

The Danube Seniors Leisure Centre
715 Simcoe Road, Bradford



Anagram Quiz

Rearrange letters to make another word!

Questions	Answers
1 Miles	:
2 Corset	:
3 Treads	:
4 Drawer	:
5 Earns	:
6 Baker	:
7 Claps	:
8 Skate	:
9 Beast	:
10 Cruel	:
11 Alert	:
12 Tears	:
13 Beard	:
14 Begin	:
15 Hares	:
16 There	:
17 Danger	:
18 Petal	:
19 Poles	:
20 Spare	:

See P.18 for solution

NO FRILLS CROP!

Enjoy the day, papercrafting away on your own 5 foot table during this 12 hour crop. Light refreshments (coffee, tea, water and snacks) will be provided. Please remember to "lug a mug" to the event and bring your toonies for our "share the wealth" draw.

Garage Sale tables will be set up should you wish to sell any of your scrapping and crafting supplies. Close to My Heart paper and basic supplies will be available for purchase and order on site.

Date: Saturday, September 23, 2023

Time: 9:00 a.m. to 9:00 p.m.

Location: Danube Seniors Leisure Centre,
715 Simcoe Rd, Bradford, ON

Cost: \$45.00

Registration: Payment is required to hold your spot and can be made through e-transfer to Debralee Lloyd-Graham at dlloydgraham@gmail.com

Remember to pack your own meals or dine at one of the various local establishments.

Space is limited.

Social distancing and masking rules may apply according to COVID guidelines during this time.

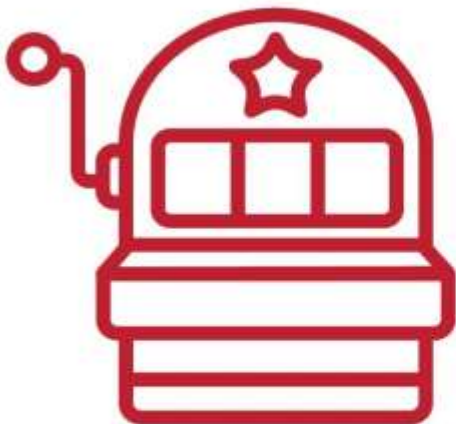
This event is sponsored by the Danube Seniors Leisure Centre.



SENIOR'S 55+ BUS TRIP **CASINO**



**JOIN US FOR A 30 MINUTE BUS RIDE
TO GATEWAY CASINO IN INNISFIL.
PARTICIPANTS WILL BE REQUIRED TO
BRING THEIR OWN MONEY.**



TUESDAY, SEPTEMBER 26

Departs Leisure Centre at 11:30am

Departs Casino at 3:30pm

FEE: \$5 | CODE: 31578

ANOTHER GREAT SENIORS POLICE ACADEMY



came to a close on Tuesday, August 22nd. Once again, SPC Elisabeth wowed the crowd with her "Frauds and Scams" and "Personal Safety"

presentations. (Do you lock your front door when you're home alone or in the back yard? Hmmm.) Every presenter took the time to answer questions from the audience. We learned a lot!!

Among the many pieces of information given to participants, Simcoe County EMS distributed the "File of Life": this is a magnetized folder of personal and medical information to be filled out and placed on the refrigerator for paramedics to access if an individual is unable to communicate effectively with EMS personnel in an emergency situation. (I was reminded to update the one I

have on my fridge from last year's Academy). Emergency vehicles actually attended an unexpected incident in the parking lot during one of the sessions, though most people inside the hall were oblivious to the "excitement" outside.

We met "Nitro" the canine officer; we had a group photo taken in the parking lot by the SSPS drone; we learned about finger printing and traffic law enforcement, and we enjoyed wonderful afternoon snacks provided by The Elden and Holland Gardens (Thank you, Jaime and Melissa!).

On the last day, SPC Elisabeth and our new Deputy Chief of Police, Sheryl Sutton, presented each "Graduate" with a personalized Certificate (Thank you, Jonathan!), and photos were taken.

We are all looking forward to next year's Senior Citizen Police Academy.

-Jan Evans



More Photos from the 2023 Police Academy at the Danube



Photo taken
by Police
drone at the
Danube Police
Academy on
Tuesday, July
25







Answers

- 1 Smile
- 2 Escort
- 3 Stared
- 4 Reward
- 5 Snare
- 6 Brake
- 7 Scalp, Clasp
- 8 Takes, Stake, Steak
- 9 Beats
- 10 Ulcer
- 11 Later, Alter
- 12 Rates
- 13 Bread
- 14 Being, Binge
- 15 Share, Hears
- 16 Three
- 17 Gander
- 18 Plate
- 19 Slope
- 20 Spear



Christa Hentsch, long-time Danube member and carpet bowler extraordinaire, blew out a candle on a lemon poppy-seed cake to celebrate her 90th birthday with the Carpet Bowling group on Friday, August 25th. Many happy returns, Christa!



Yield: 4 servings

Berry Pie

Ingredients

- 1 1/2 cup berries, (black or blue)
- 2 tablespoon flour
- 1/8 teaspoon salt
- 1/2 cup sugar
- 1 tablespoon lemon juice

Directions

1. Wash the fruit, mix with the sugar, flour, salt and lemon juice.

2. Line a deep pie tin with a plain pie paste and sprinkle one tablespoon sugar over bottom crust.
3. Add the berry mixture.
4. Wet the lower crust slightly.
5. Roll out the upper crust and make slits in the middle to allow the steam to escape.
6. Place on the lower crust, pinching the edges together.
7. Bake in a moderately hot oven forty minutes.

Author: Louise Bennett Weaver, Helen Cowles LeCron

Source: [A Thousand Ways To Please a Husband \(1917-01-01\)](#)

AUGUST 2023

MONDAYS:

*Afternoon Tea - Weekly at 1pm *R**

*Connections - August 21st, 4:00pm-6:00pm *40 McDonald**

Seniors Centre Without Walls - On hold until September

TUESDAYS:

*Men's Group - August 1st, 15th, 12pm-2pm *2GR**

*W.A.Y (Widowed and Young) - August 1st, 15th 6pm-7:30pm *40 McDonald**

*W.A.Y. (2) - August 29th, 6pm-7:30pm *40 McDonald**

*Drumming - August 8th, 22nd, 4pm-5pm *2GR**

*Parkinson's Disease Support Group - August 22nd, 1:30pm-3pm *S**

*Connecting Caregivers - August 22nd, 12:30pm-2pm, *2L**

*Cancer Support Group - August 8th, 10:30am-12pm *2L**

Warm Door Outreach - August 8th, 10am-2pm, Innisfil Library (Cookstown)

Reiki - ON HOLD

*Therapy Dogs - August 8th, 15th, 5:30pm *R**

WEDNESDAYS:

*Walking Group - August 2nd, 9th, 16th, 23rd, 30th, 10am *2L**

Therapeutic Touch - On Hold Until September

THURSDAYS:

Grieving Hearts - ON HOLD until September

*Bereaved Wives - August 3rd, 17th, 5:30pm-7pm *Zoom**

*Caregiver Support - August 10th, 1pm-3pm *2L**

*Meditation - August 3rd, 10th, 17th, 24th, 31st, 6:30pm - 7:30pm *2L**

Warm Door Outreach - August 3rd, 10am-2pm, Bradford Library

FRIDAYS:

*Friday Social - August 4th, 11th, 18th, 25th, 10am-12 pm *2L**

*MS/Neuromotor Support Group - August 11th, 1pm-2:30pm *S**

*Exercise Class - August 25th, 1pm-2pm *S**

*Walk-In Counselling - August 4th, 11th, 25th, 9am-11am *40 McDonald**

*Gentle Aroma Touch - August 4th, 11th, 18th, 25th, 1pm *R* *T**

*Cancer Support Group - August 25th, 1:30pm-3pm, *2L**

Room:

Somerville - *S*, Residence - *R*, Kitchen - *K*, 2nd Floor Great Room - *2GR*, Vander Zaag - *V*, Therapy room - *T*, F&S Taylor GR - *TGR* 2nd Floor Library - *2L*, Merkley Room - *ME* 40 McDonald Garden (Weather Dependent) - *40MG*, Media Room - *MR*

Proudly supported by:

FREE SELF-MANAGEMENT WORKSHOPS

WOULD YOU LIKE TO FEEL BETTER AND DO MORE OF THE ACTIVITIES YOU ENJOY?

The "Healthy Living Now Workshop" teaches skills needed to help you manage the day to day challenges of living with a chronic health condition. The goal is to help you get the most out of life by learning effective strategies to break the "Cycle of Symptoms" such as fatigue, pain, depression, poor sleep, stress and anxiety.

The workshop runs for 6 consecutive weeks for 2.5 hours and is led by trained leaders who themselves have a chronic disease.

The workshops are free and run in communities throughout the region. Caregivers support persons and family members are welcome.

SUBJECTS COVERED INCLUDE:

- Making an action plan
- Dealing with difficult emotions
- Stress management
- Getting better sleep
- Problem solving
- Fitness and exercise
- Healthy eating
- Communication skills
- Depression and positive thinking
- Managing chronic pain and fatigue

THE WORKSHOPS HAVE BEEN DEVELOPED BY STANFORD UNIVERSITY AND HAVE BEEN PROVEN TO SIGNIFICANTLY HELP PEOPLE LIVING WITH A CHRONIC DISEASE.



MATTHEWS HOUSE HOSPICE

131 Wellington St. E., Alliston

Weekly in Person Workshops

Wednesdays

September 13th to October 18th, 2023

1:30pm-4:00pm

For more information or to register:

Contact: Megan Rochford at 705-434-7175

or at: mrochford@matthews.house,

or online at www.healthy-living-now.ca



AS PART OF
THE WORKSHOP
YOU WILL RECEIVE
A FREE BOOK

Life Limiting Illness Support Group

Are you interested?

- In connecting with others who have a life limiting illness?
- Open to all illnesses
- Group would be in-person facilitated by a Registered Social Worker & Volunteers
- Beginning in September 2023
- Meet 1-2 times per month
- Proposed time of Monday mornings or Wednesday's (open to suggestions)

Please contact:

Jamie Van Horsen, RSW
at jvanhorsen@matthews.house



Reach out to Jamie expressing your interest in this support group. Feedback and suggestions of other days/times welcome.

Matthews House
Hospice 

131 Wellington St. E., Alliston
Matthews.House | 705-435-7218

PICKLEBALL PROGRAMS



ADULT PICKLEBALL LEAGUE*

**AGES 18+
FEE: \$96
SEPT 17-NOV 19
SUNDAYS
12:00-2:00PM**

*DEVELOPMENTAL
DOUBLES
LEAGUE. PLEASE
BRING YOUR OWN
PADDLE.*

LEARN TO PLAY PICKLEBALL*

**FEE: \$120
SEPT 17-NOV 19
SUNDAYS**

**CHILD (6-12 YEARS)
10:00-11:00AM**

**ADULT (18+ YEARS)
11:00AM-NOON**

REGISTERED PICKLEBALL

**AGES 18+
FEE: \$27.50
OCT 5-DEC 21
THURSDAYS
5:00-8:00PM**

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COMPETITIVE
AND FUN
PROGRAM FOR
ALL SKILL
LEVELS.*

***OFFERED IN PARTNERSHIP WITH ELEVATION ATHLETICS**

**WWW.BWGLEISURECENTRE.CA
905-775-7529 EXT 6007**






Bring a Friend Event

**Friday, September 8, 2023
2:00 pm - 4:00 pm**

**You are invited to bring a friend to
experience some Elden awesomeness. Get
ready to groove to the beat of Across the
Pond Duo and indulge in our delicious Ice
Cream Sundae Bar**

RSVP's required by September 5, 2023

**Contact Jaime Robertson at
905-775-1700 x703
or jaime.robertson@theelden.ca**



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




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Movie/TV Show Quotes

Gentlemen, you can't fight in here. This is the war room."
—President Merkin Muffley (Peter Sellers), *Dr. Strangelove*

"My mother always used to say: The older you get, the better you get, unless you're a banana."
—Rose (Betty White), *The Golden Girls*

Bob: "Looks like you've been missing a lot of work lately."
Peter: "I wouldn't say I've been missing it, Bob."
—Bob (Paul Wilson) and Peter (Ron Livingston), *Office Space*



FRAGRANCE

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

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Get Well Wishes

*All our members are special to us;
this
get-well wish goes out to everyone
feeling under the weather
and hoping you will
be well very soon.*



History Nuggets

1950: The first Canada-wide railway strike involving 17 unions paralyzes rail and telegraph service. About 124,000 railroad and telegraph workers walk off the job, causing one of the most serious transportation crises in Canadian history. The strike ended Aug. 30, when Prime Minister Louis St. Laurent's government passed back-to-work legislation.

1956: Actor Bela Lugosi dies at age 73. He was buried in his Dracula cloak.

1971: Hurricane Beth sweeps across Nova Scotia, dropping 296 millimetres of rain on Halifax and washing away highways and bridges.

1972: Toronto Maple Leafs owner Harold Ballard is convicted of fraud and theft. He was later sentenced to three years in prison.

2003: The biggest blackout in North American history hits most of Ontario and several northeastern and midwestern U.S. states, including New York and Ohio, leaving about 55 million people without power.

The next Book Club meeting will be on September 11 at 1pm in the craft room – all welcome.

Reminder

Next Coffee & Chat Social
September 20th at 1pm.



Nine of the ten most common birthdays are in September. Is yours one of them?

According to real birth data compiled from 20 years of American births, mid-September is the most birthday-packed time of the year, with September 9th being the most popular day to be born in America, followed closely by September 19th. Sorry, no information of Canadian births but likely to be similar.



September's birthstone is the sapphire. The birth flowers are the forget-me-not, morning glory and aster. The zodiac signs are Virgo (until September 22) and Libra (September 23 onward)

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The
EldenTM
of Bradford

UN-RETIREMENT RESIDENCE

YOUR COMMUNITY
LIVES HERE

CALL 905-775-1700

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	12:15 pm Tai Chi (Chai Tea)
9:15 am Scrapbooking	10:30 Chair Fitness	1:00 pm Mixed Games ↓	10:00 am Quilting Group	1:30 pm Carpet Bowling
9:30 am Pool	1:00 pm Crazy Canasta	Includes: Rummycube, Cribbage, Dominoes, Pool etc.	10:30 am Chair Yoga	
10:30 am Fitness with Jennifer Starting Sept. 11	1:00 pm Goldenaires	1:00 pm Coffee & Chat 3 rd Wednesday of the month. ↓	1:30 pm Regular Euchre	
1:00 pm Bridge	7:00 pm Bid Euchre	Contact Lynda at neller4880@sympatico.ca for more information		
1:00 pm Book Club 1 st Monday of the month				

Card Games Results

<u>BRIDGE</u>	<u>EUCHRE</u>	<u>BID EUCHRE</u>
---------------	---------------	-------------------

Aug. 7	1 st 2 nd	Gerry F. Sally P.	Aug. 3	1 st 2 nd	Connie C. William S.	Aug. 2	1 st 2 nd	Hank V. Carolyn V.
Aug. 14	1 st 2 nd	Neil E. Darcy E.	Aug.10	1 st 2 nd	Cynthia H. Marilyn R.	Aug. 8	1 st 2 nd	Ilk E. Gary E.
Aug.21	1 st 2 nd	Sally P. Cathy R.	Aug. 17	1 st 2 nd	Linda S. Rob S.	Aug. 15	1 st 2 nd	John B. Rose B.
			Aug.24	1 st 2 nd	Rob S. George M.	Aug.22	1 st 2 nd	Hank V. Yvonne W.
			Aug.31	1 st 2 nd	Debbie D. Elke P.	Aug.29	1 st 2 nd	Hank V. Yvonne W.