



Issue 197

October
2023



PRESIDENT'S MESSAGE



Last month I had my first post-Covid vacation. A wonderful two-week bus tour of Ireland. Now I understand the term “Emerald Isle “. They really have 100 shades of lush, green country side. Combine that with the stark beauty of the black mountains, the soaring cliffs of Moher, the famous Ring of Kerry and the results are breathtaking views. Mother nature definitely is the Queen of landscaping.

Did you attend the Home Alone First Aid Course? What an informative, clear presentation. I certainly needed to refresh my memory. You never know when this knowledge is needed.

On September 28 we had the first big lunch in years. What a welcome sight to finally see a packed parking lot again. I hope all of you enjoyed the meal as much as I did. The soup was delicious (different from my recipe but just as good)

The ham melted in my mouth and I can eat roasted vegetables for breakfast, lunch and dinner. Judging from the comments I overheard it was a successful event. What a surprise to see our first president and founding member Sylvia Luxton join in the festivities.

The next day we had another full house for the Pancake Brunch. Thank you Melissa from Holland Garden and Jamie from The Elden for sponsoring this event and for providing the entertainment. Thank you also to our Danube volunteers. It takes a large number of dedicated members working long hours to make all of this possible.

Happy Thanksgiving
Until next month - Elke

THURSDAY'S EUCHRE IS NOW AT 1:30 PM – CARPET BOWLING IS NOW AT 1:00 PM ON FRIDAYS



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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We were so happy to see Daisy back at the Danube for fitness.
Hope to see you often Daisy!



FOOT CARE RETURNS!!!

We are pleased to announce that Roudlyn Henry RPN has stepped into the void created by the sudden departure of Dawn, our former Foot Care provider.

Roudlyn will be available for foot care at the Danube Centre on Thursday, October 26th, Thursday, November 23rd and Thursday, December 21st. Each session will cost \$45. Bring your own towel.

Appointments can be made by phone at 289-716-6922 or by mail: dkfootcare@gmail.com.

Welcome, Roudlyn!

The new couches have arrived – see page 8



Check the calendar on the last page for Thursday/Friday changes.

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

Open House at Holland Gardens

Several Danube members, some residents of Holland Gardens Retirement Community, attended the Holland Gardens 5th Anniversary Open House on Saturday, September 23rd.

There was live music, food to sample, an autumn craft to create, a door prize draw, and tours of the facility.

Thanks, Mel and Shelley, for a lovely afternoon!





**Danube Seniors Centre presents Guest
Speakers from
CHATS and SOUTHLAKE**

"Navigating the Healthcare System"

Lunch and Learn - soup and sandwich \$10. per person

**Pre-registration is required for both the seminar and
lunch.**

**Thursday, October 19th, 2023 10:30 – 11:30 Seminar
Lunch at 11:45 - 12:45**

To register via e-mail contact either Linda Ind:

**linda.ind.8@sympatico.ca or call the Danube Centre at
905-775-0612**



Harvest Festival Luncheon



Wasn't it lovely to sit down to a meal where Elke was in the hall and not trapped in the kitchen!

Thanks to a grant that we received from the Federal Government, the Community Restoration Grant (designed to help small organizations like ours in restoring our programs and activities to something vaguely resembling pre-COVID status), we've been able to hire a part-time chef to prepare a meal once a month for our members.

Nicole and her assistant Lisa prepared a scrumptious ham and roasted seasonal vegetable meal with butternut squash soup opener and pie for dessert. Dee-licious!

And, to make it seem like a birthday lunch of old, we celebrated Daisy Koleff's 94th birthday with cake, candle and song (led by Judy McCoubrey. (Thanks, Judy!))

Our next meal with Nicole will be a Lunch 'n' Learn on Thursday, October 19th when CHATS and Southlake Health Centre will present "Navigating the Health Care System". Pre-registration will be required again, to help us plan the soup and sandwich meal.





 Harvest Festival 



Fall Festival

New Furniture



Way back in the fall of 2019, the Danube Admin. Board decided that it was time to replace the aging couches in the Danube library area. Elke and Jan were dispatched to select and order new ones. We found exactly what we were looking for, paid a deposit -- and then the world went into COVID lockdown. Shortly thereafter, the business closed and took our deposit with it, along with any hope of comfortable couches in the Centre. What a shocking disappointment!

Fast-forward to the summer of 2023. Having heard our "Furniture Story", member Betty Collings executed a solution: she approached the Robin Evans Golf Charity and asked them to help us replace our furniture, and they agreed! This time, Treasurer Ann Spalding did the legwork and the new loveseats were delivered to the Danube Centre in mid-September.



On September 26th, Robin, Georgeina and Shawna from Robin Evans Real Estate dropped by the Danube Centre to receive our thanks and to try out our new furniture.



Led by Judy McCoubrey, guests at the Harvest Lunch on September 28th sang out "Happy Birthday" to Daisy Koleff, whose 94th birthday was that very day! Then Daisy blew out a candle and the hall filled with applause. Did you make a wish, Daisy? Thanks for letting us help you celebrate your big day!



Word Search

PIRATE



G	Z	T	F	S	C	U	R	V	Y	H	E	K	D
S	C	O	U	N	D	R	E	L	L	O	S	C	K
E	H	V	B	P	V	A	H	O	Y	P	C	A	B
Y	T	I	E	U	Y	M	Z	M	Z	R	A	N	O
U	D	E	P	S	C	U	C	Y	R	I	L	N	U
T	P	Y	H	W	S	C	X	A	K	V	L	O	N
R	I	E	N	T	R	E	A	I	P	A	Y	N	T
I	L	P	A	D	R	E	L	N	U	T	W	B	Y
N	L	A	V	R	A	E	C	W	E	E	A	Y	F
K	A	T	I	R	R	G	A	K	B	E	G	I	R
E	G	C	G	P	H	I	G	S	B	R	R	O	N
T	E	H	A	F	T	O	N	E	U	C	Y	W	I
S	W	C	T	B	Q	U	O	G	R	R	I	S	X
H	W	J	E	U	O	C	P	K	S	D	E	T	J

Ahoy

Eyepatch

Trinket

Earrings

Navigate

Shipwreck

Pillage

Vessel

Hook

Scallywag

Privateer

Treasure

Bounty

Cannon

Scurvy

Captain

Scoundrel

Buccaneer

Dagger

Small Little Light

*When I've reached the bottom,
And there is no light,
I'm surrounded by darkness
There's no end in sight.*

*Now, what should I do?
Should I moan and cry?
Bury my head in the sand,
And ask why? Why? Why?*

*Sit back. Take a deep breath.
Tomorrow will be OK,
Can't get any worse,
There must be some way.*

*To find a way out,
Of this hole that I'm in,
A way to the top,
I am going to win!*

*Suddenly a small twinkle
What is that I see?
A beam from a star
Shining down on me.*

*That small little light
Will show me the way
To push onward and upward,
To enjoy a new day.*

–By M. Buckley



This is what can happen when you share flower seeds with a friend (Jan shared **marigold** seeds with Elke).



Daisy's back at the Danube enjoying fitness with her friends!

Information from Elisabeth at South Simcoe Police.

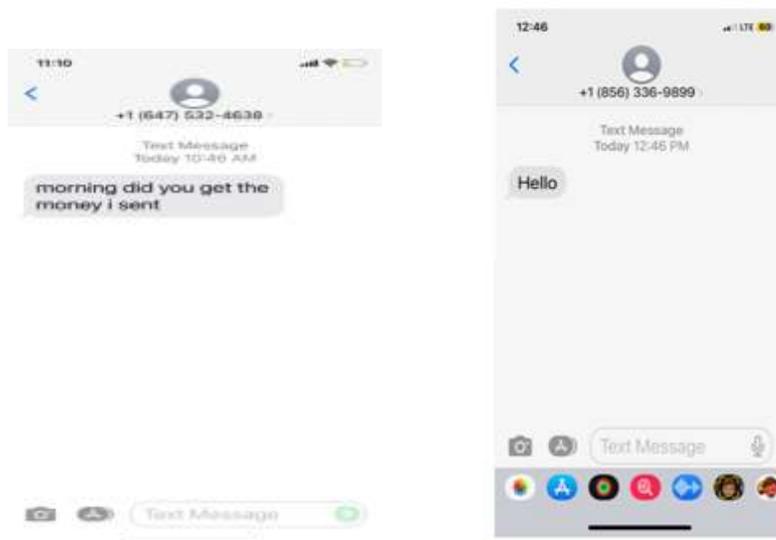
Happy Fall you `all 😊

The weather is changing, the colors of the leaves are changing, lots is changing but one thing that remains the same... scammers are EVERYWHERE! Key points to remember, if you receive an email, phone call, text message, social media message, etc. that is **unsolicited**, and it states you need to make a payment or provide some personal information or has a link/attachment for you to open.... DON'T! These are scams. Included below are some scams that are being sent to me and others here in our community, if you receive anything like these, delete them. DO NOT CLICK on link or attachments, do not respond...I know it is tempting to write something back to these nasty people, but your best reaction is to simply delete them.

Messages typically either threaten in some manner hoping you click on a link or open an attachment. Here is an example of one threatening to put your account on hold.



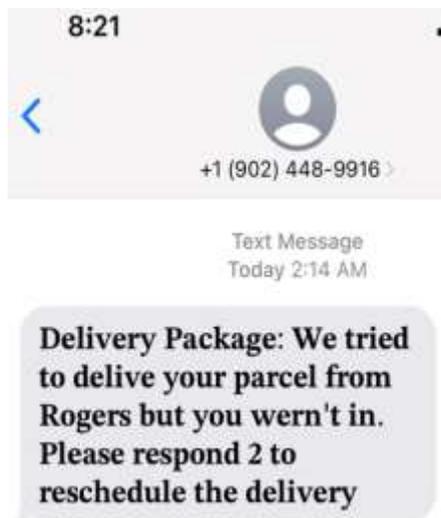
Or they have limited detail, trying to hook you to reply for more information. Here are two examples of that.



A sense of urgency is another tactic they use. Look at this example.



Grammar and spelling mistakes is common with scams, but even if there are no errors, if it was unsolicited, consider it a scam. Have fun with this one...lots of mistakes to find here!



Remember **SCAM** stands for;

S – Sounds to good to be true or Sounds 'off'

C – Contact

A – Ask for

M – Money or 'me' information (your personal information, account numbers, dob, etc.)

Aside from tips on scams, I also wanted to wish eveyone a wonderful fall, enjoy the changing colours of the leaves, go for walks and smile lots. Thank you to all who attended my latest Seniors Police Academy, I always have a wonderful time running them and that is in part (a big part) due to the participants!!

Stay safe and stay in touch – Elisabeth

Saturday afternoon at the Movies

"The War with Grandpa"

Saturday, October 28th at 1pm at the Danube Centre



The War with Grandpa is a 2020 American family comedy film directed by Tim Hill, from a screenplay by Tom J. Astle and Matt Ember, based upon the novel of the same name by Robert Kimmel Smith. The film is about a young boy named Peter (Oakes Fegley) who fights in a prank war with his grandfather (Robert De Niro) to get his grandfather to move out of his room after he moves in with his family.

- Robert De Niro
- [Uma Thurman](#)
- [Rob Riggle](#)
- [Oakes Fegley](#)
- [Laura Marano](#)
- [Cheech Marin](#)
- [Jane Seymour](#)
- [Christopher Walken](#)

\$3 includes the movie and snacks.



Cake with Chocolate Cream Filling

Yield: 6 servings

Ingredients

- 1/2 cup butter
- 2 teaspoon baking powder
- 1 cup sugar
- 1/4 teaspoon mace
- 1 beaten egg yolk
- 1/2 teaspoon vanilla
- 1 1/2 cup sifted flour
- 1/2 cup milk
- 1 egg white, stiffly beaten

Directions

1. Cream the butter, add the sugar, yolk of egg, dry ingredients and milk.
2. Stir well, add the flavourings, beat two minutes, cut and fold in the egg white.
3. Bake in a large round buttered pan in a moderate oven for thirty minutes.
4. The pan should be seven inches in diameter.
5. Cover with confectioner's icing.

Other Information

Author: [Louise Bennett Weaver](#), [Helen Cowles LeCron](#)

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

Guys, you might want to avert your eyes...☺

There are three guys talking in a pub. Two of them are talking about the amount of control they have over their wives; the third remains silent.

After a while, one of the two turns to the third and says, "Well, what about you? What sort of control do you have over your wife? The third fellow says, "I'll tell You. Just the other night, my wife came to me on her hands and knees."

The first two guys were amazed! "What happened then?" they asked.

"She said, 'Get out from under the bed and fight like a man!' "

Why are blonde jokes so short? So men can understand them.

Man: Haven't I seen you someplace before? Woman: Yes, that's why I don't go there anymore.

Man: Is this seat empty? Woman: Yes, and this one will be if you sit down.

Man: Your body is like a temple. Woman: Sorry, there are no services today.

Man: I would go to the end of the world for you. Woman: But would you stay there?

Thanks to Jan Evans and her 90-year-old friend who has a great sense of humour!



Word Search

PIRATE



				S	C	U	R	V	Y				
S	C	O	U	N	D	R	E	L			S	C	
	H	V	B			A	H	O	Y	P	C	A	B
		I	E	U						R	A	N	O
		E	P	S	C		C			I	L	N	U
T	P	Y		W	S	C		A		V	L	O	N
R	I	E	N	T	R	E	A		P	A	Y	N	T
I	L	P	A	D	R	E	L	N		T	W		Y
N	L	A	V	R	A	E	C		E	E	A		
K	A	T	I		R	G	A	K		E	G	I	
E	G	C	G		H	I	G	S		R	R		N
T	E	H	A			O	N	E	U				
			T				O	G	R	R			
			E					K	S		E		

Ahoy

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Privateer

Treasure

Bounty

Cannon

Scurvy

Captain

Scoundrel

Buccaneer

Dagger

A woman ran a red traffic light and crashed into a man's car. Both of their cars were demolished, but amazingly neither of the drivers was hurt.

After they crawled out of their cars, the woman said; "Wow, just look at our cars! There's nothing left, but fortunately, we are unhurt. This must be a sign from above that we should meet and be friends and live together in peace for the rest of our days.

The man replied, "I agree with you completely. This must be a sign!"

The woman continued, "And look at this, here's another miracle. My car is completely demolished, but my bottle of 75-year-old scotch didn't break.

(Another funny from Jan Evans)

Surely it is meant for us to drink this vintage delicacy and celebrate our good fortune." Then she handed the bottle to the man.

The man nodded his head in agreement, opened the bottle, drank half of it and then handed it back to the woman. The woman took the bottle, immediately put the cap back on, and handed it back to the man. The man asks, "Aren't you having any?"

She replies, "Nah. I think I'll just wait for the police."

Some years ago, Adam ate the apple. Men will never learn!



An allegory from the 1960s The Twilight Zone

A career criminal died, and wound up in a place where he had everything he wanted, even living in a luxurious apartment. Every heist was successful. Finally, he went to someone in charge, asking, "can't we mix this up a bit". Can't I be chased by the police once in a while?" "Heaven is incredibly boring." And the gatekeeper said, "what makes you think you're in heaven?"

I remember watching that particular show some years ago and thought it one of the best Twilight Zone episodes. - Edale



Surprise, Lynda!

A little birdie told us that it was your birthday, so we found a candle for your birthday wish.
Many happy returns -- and we hope you get your wish!



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





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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.*



3 Vitamins that Promote Healthy Eyes

A nutritious, well-balanced diet is a vital component of a healthy lifestyle. Though a healthy diet is often and correctly cited as a means to maintaining a healthy weight, a diet rich in various vitamins also can be good for both kids' and adults' eyesight. As adults and parents plan diets for themselves and their children, they can make an effort to ensure these three eye-friendly vitamins feature prominently at mealtime.

1. Vitamin A: The World Health Organization reports that vitamin A deficiency is one of the more common nutrient deficiencies across the globe, particularly among children. In fact, the American Optometric Association notes that vitamin A deficiency is the leading cause of preventable blindness in children. So why is vitamin A so vital to eye health? The AOA reports that vitamin A supports functioning of the conjunctival membranes and cornea. In addition, the Chicago-based Kraff Eye Institute notes that vitamin A deficiency can contribute to problems with night vision. Foods such as carrots, milk, eggs, and pumpkin are good sources of vitamin A.

2. Vitamin E: The AOA reports that vitamin E can help to reduce the progression of age-related macular degeneration, which the National Eye Institute characterizes as an eye disease that can blur central vision. The NEI also notes that AMD is a leading cause of vision loss among older adults. Vitamin E also can reduce the risk of cataracts. Almonds, sunflower seeds and peanuts are good sources of vitamin E.

3. Vitamin C: Also known as ascorbic acid, vitamin C helps to neutralize oxidative damage that can contribute to the formation of cataracts and AMD. The Kraff Eye Institute notes that oxidative stress is responsible for various aging processes and occurs when the body experiences an imbalance between harmful free radicals and helpful antioxidants. Vitamin C is an antioxidant that can help combat a number of age-related eye issues, which underscores the need to include vitamin C in a diet. Cauliflower, cabbage, lemon, and oranges are good sources of vitamin C.

Vision loss is often accepted as an inevitable side effect of aging. Though certain individuals may not be able to avoid some degree of vision loss as they grow older, a diet rich in vitamins A, E and C can reduce risk for various age-related eye health issues.

History Nuggets:

1936: Dorothea Palmer, a nurse, is arrested and charged with distributing birth control medicine and information in Eastview, Ont., a predominantly French-speaking, low-income suburb of Ottawa. Her lawyers argued that her work was not for profit but "for the public good." She was acquitted of all charges.

1987: Canadian actor Lorne Greene dies in Santa Monica, Calif., at age 72. He first became known in Canada as the "Voice of Doom" for his CBC Radio newscasts during the Second World War. But the role of Ben Cartwright on TV's Bonanza from 1959-73 catapulted him to fame throughout the world.

1987: The Toronto Blue Jays hit 10 home runs in an 18-3 romp over the visiting Baltimore Orioles, setting a major league record for most home runs in a nine-inning game. Ernie Whitt had three homes, while George Bell and Rance Mulliniks each hit two.

October

October's birthstones are the tourmaline and opal. Its birth flower is the calendula. The zodiac signs are Libra (until October 22) and Scorpio (from October 23 onward).

The French word *octobre* is shortened to *8bre*

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