



Issue 198

**November
2023**

PRESIDENT'S MESSAGE



Last Saturday I had a date with my stepson Steve. Two Mother's Days ago he had given me a gift certificate for the "House of Stitches" quilt shop in Creemore. Guess what, I had to google the place since I never heard of its existence. So off we went. Steve took a wrong turn and we got lost in Alliston. Then he got smart and consulted his GPS and we got back on track zigzagging north to Creemore. Sunshine, blue sky and still enough colour on the trees made it a beautiful drive.

The Quilt shop didn't look like much from the outside. The inside was a different story. Small, but well stocked with gorgeous fabrics and incredible speciality yarns from around the world. Believe me I was tempted to buy. Common sense prevailed and I spent my money on 100% cotton and polyester scrubbing to make pretty dishcloths. In the not-too-distant future you will find these creations in the display cabinet at the centre.

On October 27 we had a "Taste of Retirement". Five local retirement residences held a food sampling and information event. The minute you approached the entrance to the centre your nose could tell you something very special and mouthwatering was happening inside. Beef, chicken, stews, curries, chocolate sticky cake, pumpkin mousse you name it. There was something for everybody. Good food and wonderful musical entertainment made it a great outing.

Our first "Lunch and Learn" took place on October 19. Unfortunately, the speaker from Southlake cancelled the night before. Lucky for us "Chats" took over and saved the day. Thank you so much. All enjoyed a tasty soup, three different types of sandwiches and dessert.

Our next Lunch and Learn will be on November 16. The theme of the day is Dementia. Just about everybody I know through family or friends is touched by this terrible affliction. This seminar is an opportunity to learn about the disease and ask questions.

On a lighter note: I am happy to announce we will have a Christmas Lunch on Friday December 15. Mark your calendar. More details to follow in the December newsletter.
Until next month- Elke

**Carpet bowling will have a second day starting on Sunday
November 5 at 1 o'clock**



**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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IMPORTANT!

**If you are feeling unwell, please stay home or make sure to wear a mask when attending the Danube
Thank you.**

(Masks are recommended at all times)

Foot Care Clinic Dates

November 23 & December 21

**Cost \$45. When you book mention that you are a Danube member. Call 289.716.6922 D&K
Foot Care Services**

NEW!

**Carpet Bowling on Sundays starting on
November 5. 1 pm-3pm**

**Do you play Bridge? Come and join the
Danube Bridge players on Mondays at
1pm.**

Walking Club Change

**Members will now meet on
Wednesdays at 9:00 am starting
November 1.**

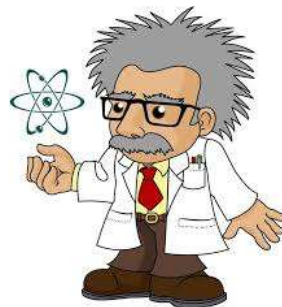


**Blast from the past.
When the red chairs were new!**

A few science questions, with permission from [Best Icebreaker Ideas](#)

1. This part of the brain deals with hearing and language.
2. This is the phenomenon that explains why people will tend to refuse to offer help when there are other people present during an emergency.
3. When you open a bottle of wine and leave it exposed to the air, the ethanol in it reacts with oxygen. This reaction forms what?
4. What is it called when you make light change direction by passing it through a lens?
5. An unlit match has what form of energy?
6. This type of bond involves the sharing of electron pairs between different atoms. What do you call this bond?
7. What is the scientific term for peeling skin?
8. True or false: the Large Magellanic Cloud is farther from the Earth than Andromeda.
9. This Saturn moon has a methane cycle, differentiating it from the other moons of the planet. What is its name?
10. Animals that are active during dawn and dusk are called what type of animals?

Answers on page 12



Lunch & Learn

Workshop 10:30 -11:30

Lunch 11:45 -12:45

\$10.00 pre registration required

Contact Linda Ind at linda_ind_8@sympatico.ca

Or call the Danube at 905.775.0612

November 16th 2023

Dementia Basics



You will learn about what it is,
risk & resilience factors, how to prevent/delay.

Guest Speaker: Deb Thomas

Certified Positive Approach to Dementia Care Trainer
and Coach

Themed Words Brain Teaser

Change one letter in each word to create a new one; every row follows a theme!

1.	WIMPLE _____	SPIT _____	ACHE _____	WASH _____	BAIL _____
2.	SLAIN _____	PARK _____	SAIL _____	DITTY _____	BLOG _____
3.	SWEAT _____	LUTE _____	HAIR _____	LONELY _____	BUNNY _____
4.	SHADE _____	HOT _____	LOSE _____	FORM _____	NARROW _____
5.	BRAIN _____	TRICK _____	STEAL _____	ROIL _____	WICKET _____
6.	WOOL _____	LATE _____	LOCO _____	BASIC _____	PONG _____
7.	VEAL _____	COWER _____	MUSK _____	TIDE _____	CROAK _____
8.	WAIL _____	HIND _____	GRIST _____	PALS _____	FAST _____
9.	LINT _____	BASIN _____	THEME _____	DELL _____	SATE _____
10.	FEW _____	THREAT _____	SWITCH _____	PIG _____	UNIT _____
11.	HOLE _____	YARN _____	BUNK _____	ION _____	SHOW _____
12.	EAR _____	RUE _____	WALL _____	HEAD _____	CORK _____
13.	FUN _____	RAIL _____	SNOB _____	STIR _____	FIND _____
14.	BLUR _____	HEAL _____	PINE _____	BLANK _____	GREET _____

International Day of Older Persons, October 1, 2023

Once again, the International Day of Older Persons was celebrated at the Danube Centre with a Pancake Brunch organized by the Seniors Engagement Committee (Jaime, Mel, Jan, Linda I., and SPC Elisabeth). Though the day is officially October 1st, we celebrated on Friday, September 29th, so as to not interfere with the National Day for Truth and Reconciliation or with Sunday religious observances.

Pancakes, DELICIOUS sausages and fruit salad were sponsored, prepared and served by Melissa and Shelley from Holland Gardens and Jaime from The Elden, with help from several Danube volunteers.

In keeping with a western theme (thanks to everyone who came sporting their best western attire!), we were treated to a live performance by Naomi Bristow, the Yodelling Cowgirl." Through the cover charge, we raised over \$400 for the Helping Hand Food Bank.

Congratulations to all the Door Prize winners, and a big thank you to all the volunteers who set up the hall, served the meal and stayed to clean up in time for carpet bowling.

- Jan Evans



Lunch 'n' Learn: Navigating the Health System October 19, 2023

We used to call them "Health Seminars". Now we call them "Lunch 'n' Learns." The premise is still to bring in speakers for short presentations of information pertaining to the health of seniors, followed by a soup and sandwich lunch.

The first in a series of planned Lunch 'n' Learns took place on Thursday, October 19th, when Jyoti Booter came to the Danube to provide information about CHATS – Community Home Assistance to Seniors, with a community partner from Southlake Regional Health Centre who would give advice on "Navigating the Health Care System."

Unfortunately, the representative from SRHC cancelled at the last minute and Jyoti did her best, with help from some of the participants, to answer audience questions.

The information session was followed by a delicious lunch of broccoli soup and sandwiches prepared by Chef Nicole and her colleague Lisa. **(continued next page)**



We are all looking forward to the next Lunch 'n' Learn on November 16th. The topic will be "Dementia Basics". Pre-registration will be required (email Linda Ind at: lindaind_8@sympatico.ca), and the price of lunch will again be \$10. (See the poster elsewhere in this newsletter.

-Jan Evans



Kintsugi Bowl Workshop

*bowl style and variety may vary



Monday, November 20th
1:30pm - 3:30pm

Kintsugi is a Japanese art technique that uses glue & gold to repair broken pottery. There are a lot of metaphors discovered during the process that can help facilitate healing. The cracks show the repair and provide a new outlook of beauty.

To register or for more information contact
Sharron Spencer at sspencer@matthews.house or 705-434-8620

Matthews.House
705-435-7218

Matthews House Hospice 

Themed Words Brain Teaser

Answers

1. Pimple, Spot, Acne, Rash, Boil (Skin conditions)
2. Stain, Mark, Soil, Dirty, Blot (Blemishes)
3. Sweet, Cute, Fair, Lovely, Bonny (Compliments)
4. Spade, Hoe, Hose, Fork, Barrow (Gardening Tools)
5. Train, Track, Steam, Rail, Ticket (Railways)
6. Pool, Lake, Loch, Basin, Pond (Bodies of water)
7. Veil, Cover, Mask, Hide, Cloak (Concealing something)
8. Nail, Hand, Wrist, Palm, Fist (Related to hands)
9. Mint, Basil, Thyme, Dill, Sage (Types of herbs)
10. Sew, Thread, Stitch, Pin, Knit (Related to sewing)
11. Home, Barn, Bank, Inn, Shop (Buildings)
12. Eat, Run, Walk, Read, Cook (Daily Actions)
13. Sun, Rain, Snow, Star, Wind (Nature)
14. Blue, Teal, Pink, Black, Green (Colors)

BOOK CLUB



Last Monday of the month
Meet virtually from 1-2:30pm

Join with fellow book lovers to discuss different books each month. Book selections and discussion focus on relationships and life's amazing and challenging moments. Open to both clients of Matthews House and community members. Books are available from Matthews House; please call to register!

For more information contact Megan Rochford
mrochford@matthews.house
705-434-7175

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Answers to Science Quiz

1. Temporal lobe
2. The Bystander Effect
3. Ethanoic acid
4. Refraction
5. Chemical energy
6. Covalent
7. Desquamation
8. False
9. Titan
10. Crepuscular



FRAGRANCE

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

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SCAN ME

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.*



The Danube Book club meets the first
Monday of the month in the craft
room. All are welcome.
1 pm - 2pm.

Please note that donations to the
Danube's library are much
appreciated, but please do not donate
hard cover books as there is no space
for them, DVD donations are also
welcomed by the library.

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Jokes

Most of the problems in life are because of two reasons, we act without thinking or we keep thinking without acting.

When a door closes another door should open, but if it doesn't then go in through the window.

Far too many people seek the right person instead of trying to be the right person.

I have always wanted to be somebody, but I see now I should have been more specific.

When life hands you lemons, make lemonade and find someone whose life has handed them vodka, and have a party!

I made a huge 'to do' list for today. I just can't figure out who's going to do it.

If one door closes and another door opens your house is probably haunted.

Silence is golden until you have children, then silence is very suspicious.

Before you marry a person, you should first make them use a computer with slow internet to see who they really are.

You never realize what you have until it's gone. Toilet paper is a good example!

You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police.

Dance like nobody's watching. Because they're not. They're checking their phones.

Always remember; you're unique, just like everyone else!



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