



December 2023  
Issue 199



## President's Message

Christmas has changed so much from one generation to another. Here are some of my own childhood memories. They make me smile and I hope they bring a smile to your face.

Waiting anxiously for Christmas Eve to arrive, for the locked living room door to be opened. Finding a long-admired doll under the tree. My sister bought this gift just before she left for Canada. The taste and smell of my very first orange.

Being terribly envious of friends who got potato salad and knack wurst for dinner while I had to eat kale, potatoes and bacon. Stealing the Kringels (surgery decorations) from the back of the tree. Sitting quietly under the table with a box of chocolates and taking a bite out of every piece. Needless to say, my dad was not impressed and my backside paid for it.

### What did we do in 2023:

**January:** We all recovered from the best ever Christmas Pot Luck Dinner. **February:** The St. Charles school choir, the Goldenaires, parents and many of our members gathered for an afternoon of singing, tapping and clapping. **March:** We welcomed three new members to the Administration Board. **April:** The "Big Event". What a celebration. So many worked together to make our 25th Anniversary a roaring success. **May:** Lynda introduced a new social group to meet every third Wednesday of the month. **June:** We hosted our first after Covid indoor Health and Wellness Fair. **July:** Another informative, well attended Police Academy. Saturday Movie afternoon returned. **August:** Carrot Fest with great support from the community. Monthly book club started. **September:** Finally, a big Harvest Lunch. Our first in three years. **October:** Lunch and Learn was introduced. It was so well received by the membership we did it again in **November.**

I am really excited to make a very special announcement: We will have a New Year's Levee on January 1, 2024. Come out and start the year with tasty food, great company and lots of laughter.

It takes more than a few helping hands to provide you with special events and daily activities. Today I want to give a big "Thank You" to all our volunteers. Some do so on a regular schedule, others step up when needed. All of us working together makes this a very special place for so many.

That's all for today. Wishing you and your family a safe holiday and all the best for the New Year. - **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: [bradfordseniors.ca](http://bradfordseniors.ca) Email: [danubeseniors@rogers.com](mailto:danubeseniors@rogers.com)



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**Christmas Holiday Closure:** The Danube Centre will be closed for ALL activities starting at 3:30 p.m. Friday, December 22, 2023. Regular Tuesday - Friday programs will resume at 9:00 a.m. Tuesday, January 2, 2024, except Goldenaires (January 9th), and Line Dancing (January 10th). Regular Monday activities (pool, scrapbooking, woodshop) will re-start on Monday, January 9th.

**N.B.: The December 18th Fitness class with Jennifer is cancelled,** and there may be some re-organization of Fitness classes in the New Year to accommodate Jennifer's winter schedule.

Come and join us for a **New Year's Day Levee** at the Danube on Monday, January 1<sup>st</sup> for Members only 1:00 p.m. to 3:00 p.m.

**Christmas Luncheon – Important**

**Please note that the doors open at 11:30 a.m.  
Please do NOT arrive before then.**

**Bid Euchre**

No game on December 5

**Do you play Mahjong?**

We are looking for a Mahjong teacher and players. Please contact the office.

**Danube Board Positions up for Election 2024**

**2 Year Terms**

President

Special Events

Member-at-Large

Vice-President

Treasurer



**Al and Olivia Charlebois** joined the Danube Centre about a dozen years ago. Al, who brought with him extensive leadership experience from Minor Baseball and Minor Hockey, was eventually elected to the Bradford West Gwillimbury Seniors Association Administrative Board as a Member-at-Large, and later as Facilities Director of the Danube Centre.

When it became apparent that the traditional autumn craft sale at the Danube Centre had run its course, Al teamed up with the late Bill Burlton to create the Green Valley Craft Group, which organized our first (and, so far, only) outside vendor Craft Show and Sale in November 2019. It was a huge success and there were plans for a second annual event, but COVID-19 got in the way.

Most recently, Al could be seen taking charge of the regular Thursday afternoon Euchre game, greeting participants and counting out prize money. And his garden behind the Centre produced more cherry tomatoes than any other.

The Danube Board wishes to recognize Al's years of service to our club and we extend sincere condolences to Olivia and their family.

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## **IMPORTANT INFO re: COVID VACCINATION:**

For anyone who received a COVID-19 vaccination at the Danube Centre on June 9, 2023 and who has NOT tested positive for COVID since then: You are now eligible for another booster vaccination (as of Nov. 24th). A vaccination clinic will take place at the Bradford Public Library on Monday, December 4, 2023, 10 a.m. to 3 p.m. (Sadly, there are no plans for a clinic at the Danube Centre at this time).

If you have tested positive for COVID since your last booster shot, count 168 days from that test date to determine when you will be eligible for another booster shot. (i.e., Jan tested positive for COVID on October 5, 2023. She will be eligible for another booster (Oct. 5 + 168 days -->) on March 21, 2024).

Appointments at the library are not required; walk-ins are welcome.



**The Monday Bridge group** needs lighter tables to set up for their games. If you have a table like the one in the photo that you could spare, please contact Sally at 289-338-7762. Please do not drop off tables without first speaking to Sally.



# Have your voice heard!

Help improve the community for older adults by filling out the Age-Friendly Community Survey. Your answers help make Simcoe County a better place to grow older together.

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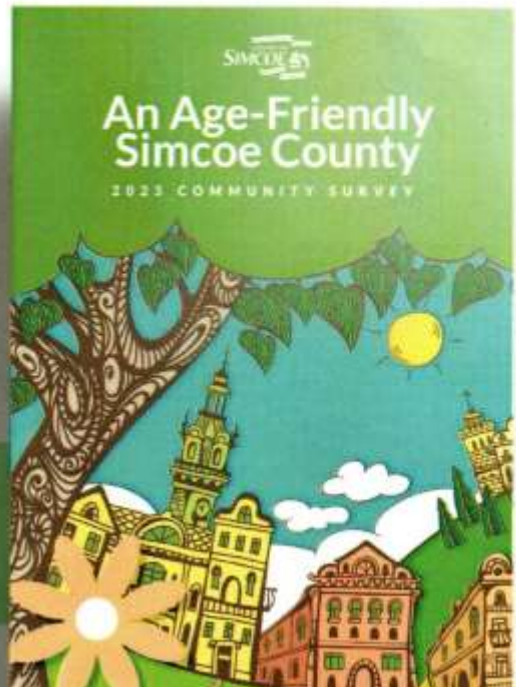
Georgian Bay  
Gift Basket  
(\$100 Value)

Tiny Township  
Gift Basket  
(\$67 Value)

**DEADLINE: DECEMBER 31, 2023**

The survey can be completed by hand, online at [simcoe.ca/age-friendly](http://simcoe.ca/age-friendly), over the phone, in person, or in groups by request. See the back of the survey for a list of drop-off locations across the County of Simcoe.

Scan the QR code to fill out the online version of the survey



at the Danube Centre



# Savour Simcoe

Much has already been written about Bradford's very successful, first-ever retirement sampling event that was held at the Danube Centre September 27<sup>th</sup>. Door prize winners included active members Betty Collings, Mary Kavchak, Patricia Durkin, and Olga Bishop. Congratulations!





P2 Savour Simcoe







### **History Snippets**

**1798:** The legislature of the Island of St. John votes to change its name to Prince Edward Island. The change took effect on June 3, 1799.

**1818:** George Brown, a journalist, publisher, politician and one of the Fathers of Confederation, is born in Alloa, Scotland.

**1947:** Canada votes with 32 other countries in the United Nations in favour of the partition of British Palestine into Jewish and Palestinian Arab states. Thirteen countries voted against, while another 10 countries abstained.



## Halloween

The Danube Centre was decorated for Halloween and the Goldenaires rose to the occasion with lots of treats – and NO TRICKS!! We even managed to fit in some practice for concerts and the Danube Christmas luncheon in December. ☺





More Halloween photos



## Christmas Quiz V

Question	Answer
1 Who was the author of "A Christmas Carol"?	:
2 In "A Christmas Carol" what was the first name of Scrooge?	:
3 How many ghosts show up in "A Christmas Carol"?	:
4 In the song "Winter Wonderland" what do we call the snowman?	:
5 What song talks about multiple days of Christmas Celebrations?	:
6 Which type of tree was the partridge sitting in according to a well known Christmas song?	:
7 How many gifts were given in "The 12 Days of Christmas song"?	:
8 What did my true love give to me on the 8th day of Christmas?	:
9 In the carol "Jingle Bells" what kind of sleigh is mentioned?	:
10 What colour are the berries on the mistletoe plant?	:
11 What are the gifts that the 3 Wise men gave to Jesus according to Christmas history?	:
12 Which is the most famous Christmas Ballet of all times?	:
13 In 1949 Gene Autry recorded a song about a famous reindeer, what is the name of the song?	:
14 3 of Santa's reindeers names begin with the letter "D" what are they?	:
15 What is the name of the song recorded by Vaughan Monroe in 1945 that opens with the lines "Oh the weather outside is frightful, But the fire is so delightful, and since we've no place to go ..."	:
16 In 1946 Nat King Cole recorded a hit with a song about "chestnuts roasting over an open fire" what is the name of the song?	:
17 What made Frosty come to life in the movie: Frosty the Snowman?	:
18 Bing Crosby recorded this Irvin Berlin song in 1942. It remains to this day one of the most popular Christmas tunes ever written.	:
19 Finish the name of this song, released in 1948 by Spike Jones and The City Slickers "All I Want for Christmas is _____"	:
20 If you were born on Christmas Day what is your Star Sign?	:



## **Lunch 'n' Learn November 16**

Our second Lunch and Learn was on Dementia Basics ably provided by speaker Deb Thomas who is a *Certified Positive Approach to Dementia Care Trainer and Coach*.

Lunch was a delicious potato and leek soup and a sandwich selection and of course, dessert.

Dementia is the result of changes in certain brain regions that cause neurons (nerve cells) and their connections to stop working properly. Changes in the brain may begin a decade or more before symptoms appear. During this very early stage of Alzheimer's, toxic changes are taking place in the brain, including abnormal buildups of proteins that form amyloid plaques and tau tangles.

Deb took care to explain the different types of dementia and especially as some types may not be so obvious initially unless you are with the person constantly and are able to notice small changes. For instance, some family members or friends don't understand that a person is affected because they seem to be fine on occasional visits.

If interest is high enough, we might be able to get Deb to come back for a more extensive presentation.

Please let us know your suggestions for subsequent Lunch 'n' Learns. Call the office at 905.775.0612 or email Linda Ind at [lindaind\\_8@sympatico.ca](mailto:lindaind_8@sympatico.ca)

The next Lunch 'n' Learn will be on January 18, 2024.

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## **RETIREMENT, A WIFE'S VIEW**

A frustrated wife told me the other day her definition of retirement:

"Twice as much husband on half as much pay."

## **REALITY CHECK**

- Eventually, you will reach a point when you stop lying about your age and start bragging about it.
- The older we get; the fewer things seem worth waiting in line for.
- Some people try to turn back their odometers. Not me. I want people to know why I look this way. I've travelled a long way and some of the roads weren't paved.
- When you are dissatisfied and would like to go back to youth, just think of Algebra.
- I don't know how I got over the hill without getting to the top.
- The golden years are really just metallic years: gold in the tooth, silver in your hair.
- One of the many things no one tells you about aging is that it is such a nice change from being young.
- Age seldom arrives smoothly or quickly. It is more often a succession of jerks.
- Yeah, being young is beautiful, but being old is comfortable.
- If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.



Bill took such a lovely photo of Olga with her prize from the Savour Simcoe event that we had to feature it here.



## Remembrance Day

Poppies were available from Branch 521 of the Royal Canadian Legion. Mikki Buckley emailed in a thought-provoking poem called "The Inquisitiveness of Children" by Col. J.F. Wilcocks (Mr. Google will help you find it).



Les is a longtime Danube member, now 100 years old!

(Photo credit Paul Novosad)





**Marilyn Reynolds** has been a dedicated member of the Danube Seniors Leisure Centre since it opened in 1998. Hers was one of the first charitable donations the club ever received, and her generosity continued in this, our 25<sup>th</sup> year.

A plaque has been placed in the perennial beds at the front entrance of the Centre, in memory of Marilyn's next youngest sister, Elaine (who, she says, always had the last word), her youngest sister by 18 years, Sue (who was a great gardener and teacher of autistic children), and her friend of 53 years, Christine Genis-Burlton, whom she met at a jewelry party that each had reluctantly attended out of courtesy to the hostess.

The refurbishment of the gardens made possible by Marilyn will be completed in the spring by our gardener, Dorothy Aggiss.

We are grateful for the support of both these members.

--Jan Evans



**Here's a hysterical link to a group called "The raging Grannies" who don't agree with Doug Ford's new "improved" idea of providing out-of-hospital care for people.**

<https://youtu.be/TEaGsPZORxM>

#### **Foot Care Clinic Dates**

December 21

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

## "The War with Grandpa"



Members came out on October 28<sup>th</sup> to watch Robert DeNiro and Christopher Walken, 2 tough-guy actors, playing much gentler roles in this film of intergenerational conflict. There was buttered popcorn before the movie, laughs throughout, and a "café" of refreshments afterwards. What a great way to spend a Saturday afternoon!

The next movie day is tentatively scheduled for Saturday, January 27, 2024. Movie: TBD. Any suggestions? Email: [Danubeseniors@rogers.com](mailto:Danubeseniors@rogers.com) or call the Centre (905-775-0612) and leave a message for Jan.







# Happy New Year!

You are invited to the Danube's New Year's  
Day Levee

Monday, January 1<sup>st</sup> 2024

1:00 pm - 3:00 p.m.

Come out and enjoy a snack while meeting the  
current President and Board of Directors.

**Members Only**



# Lunch & Learn

**Workshop 10:30-11:30**

**Lunch 11:45-12:45**

**\$10 pre-registration is required**

**Contact Linda Ind at  
[lindaind\\_8@sympatico.ca](mailto:lindaind_8@sympatico.ca) or call the Danube  
at 905.775.0612**

## Scram to the Scam

**January 18, 2024**

**Guest Speaker:** SPC Elisabeth Aschwanden will present her updated "Frauds and Scams" program ("Scram to the Scam!"). She will also introduce Brenda from Contact Simcoe, a relatively new organization in Town that is providing services for Seniors.



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### Answer

- 1 Charles Dickens
  - 2 Ebenezer
  - 3 Four
  - 4 Parson Brown
  - 5 The 12 days of Christmas
  - 6 Pear tree
  - 7 364
  - 8 Eight Maids a-milking
  - 9 A one-horse open sleigh
  - 10 White
  - 11 Gold, frankincense and myrrh
  - 12 The Nutcracker
  - 13 Rudolph the Red Nosed Reindeer
  - 14 Dancer, Dasher and Donner
  - 15 Let it snow!
  - 16 The Christmas Song
  - 17 His hat
  - 18 White Christmas
  - 19 My 2 Front Teeth
  - 20 Capricorn
-

# A Visit from St. Nicholas

BY CLEMENT CLARKE MOORE

'Twas the night before Christmas, when all through the house  
Not a creature was stirring, not even a mouse;  
The stockings were hung by the chimney with care,  
In hopes that St. Nicholas soon would be there;  
The children were nestled all snug in their beds;  
While visions of sugar-plums danced in their heads;  
And mamma in her 'kerchief, and I in my cap,  
Had just settled our brains for a long winter's nap,  
When out on the lawn there arose such a clatter,  
I sprang from my bed to see what was the matter.  
Away to the window I flew like a flash,  
Tore open the shutters and threw up the sash.  
The moon on the breast of the new-fallen snow,  
Gave a lustre of midday to objects below,  
When what to my wondering eyes did appear,  
But a miniature sleigh and eight tiny rein-deer,  
With a little old driver so lively and quick,  
I knew in a moment he must be St. Nick.  
More rapid than eagles his coursers they came,  
And he whistled, and shouted, and called them by name:  
"Now, *Dasher!* now, *Dancer!* now *Prancer* and *Vixen!*  
On, *Come!* on, *Cupid!* on, *Donner* and *Blitzen!*  
To the top of the porch! to the top of the wall!  
Now dash away! dash away! dash away all!"  
As leaves that before the wild hurricane fly,  
When they meet with an obstacle, mount to the sky;  
So up to the housetop the coursers they flew

With the sleigh full of toys, and St. Nicholas too—  
And then, in a twinkling, I heard on the roof  
The prancing and pawing of each little hoof.  
As I drew in my head, and was turning around,  
Down the chimney St. Nicholas came with a bound.  
He was dressed all in fur, from his head to his foot,  
And his clothes were all tarnished with ashes and soot;  
A bundle of toys he had flung on his back,  
And he looked like a pedler just opening his pack.  
His eyes—how they twinkled! his dimples, how merry!  
His cheeks were like roses, his nose like a cherry!  
His droll little mouth was drawn up like a bow,  
And the beard on his chin was as white as the snow;  
The stump of a pipe he held tight in his teeth,  
And the smoke, it encircled his head like a wreath;  
He had a broad face and a little round belly  
That shook when he laughed, like a bowl full of jelly.  
He was chubby and plump, a right jolly old elf,  
And I laughed when I saw him, in spite of myself;  
A wink of his eye and a twist of his head  
Soon gave me to know I had nothing to dread;  
He spoke not a word, but went straight to his work,  
And filled all the stockings; then turned with a jerk,  
And laying his finger aside of his nose,  
And giving a nod, up the chimney he rose;  
He sprang to his sleigh, to his team gave a whistle,  
And away they all flew like the down of a thistle.  
But I heard him exclaim, ere he drove out of sight—  
*"Happy Christmas to all, and to all a good night!"*







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




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## Funny Christmas Quotes

### Erma Bombeck

"Adults can take a simple holiday for children and screw it up. What began as a presentation of simple gifts to delight and surprise children around the Christmas tree has culminated in a woman unwrapping six shrimp forks from her dog, who drew her name."

### Wendy Cope

"Christmas, here again. Let us raise a loving cup; Peace on earth, goodwill to men, and make them do the washing up."

### Shirley Temple

"I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph."

### Victor Borge

"Santa Claus had the right idea. Visit people only once a year."

### Bernard Manning

"I once bought my kids a set of batteries for Christmas with a note on it saying, toys not included."

### Matt Groening

"Aren't we forgetting the true meaning of Christmas. You know, the birth of Santa?"

### Julius Sharpe

"The office Christmas party is a great opportunity to catch up with people you haven't seen for 20 minutes."

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# Danube Program Calendar

MON	TUE	WED	THUR	FRI
9:00 am Woodshop	10:30 Chair Fitness	9:00 am Walking Club	9:00 am Woodshop	10:15-11:15 Beginner Tai Chi practice
9:15 am Scrapbooking	1:00 pm Crazy Canasta	9:15 am <b>Line Dancing</b> On hiatus until mid January	10:00 am Quilting Group	11:30-12:30 Ongoing Tai Chi practice
9:30 am Pool	1:00 pm Goldenaires	1:00 pm Pool	10:30 am Chair Yoga	1:00 pm Carpet Bowling also Sunday's at 1pm
10:30 am Fitness with Jennifer. <b>Dec.18 Cancelled</b>	7:00 pm Bid Euchre <b>No Game Dec. 5</b>	1:00 pm Coffee & Chat 3 <sup>rd</sup> Wednesday of the month. ↓	1:30 pm Regular Euchre	
1:00 pm Bridge		Contact Lynda at <a href="mailto:neller4880@sympatico.ca">neller4880@sympatico.ca</a> for more information		

## Card Games Results

BRIDGE			EUCHRE			BID EUCHRE		
<b>Nov.6</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Sally P. Dianne F	<b>Nov.2</b>	1 <sup>st</sup> <b>TIE</b> 2 <sup>nd</sup>	Connie C. John H. Pat A.	<b>Oct 31.</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Marianne B. Carolyn V.
<b>Nov.13</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Rosemary S. Fred P	<b>Nov.9</b>	1 <sup>st</sup> 2 <sup>nd</sup>	George M. Elke P.	<b>Nov.7</b>	1 <sup>st</sup> 2 <sup>nd</sup>	John F. Ike E.
<b>Nov.20</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Fred P. Cathy R.	<b>Nov.16</b>	1 <sup>st</sup> 2 <sup>d</sup> <b>TIE</b>	William S. Milan B. Susan S.	<b>Nov.14</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Linda C. Heather W.
<b>Nov.27</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Dianne F. Gerry F.	<b>Nov.23</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Marilyn B. Sheila M.	<b>Nov.21</b>	<b>Tie</b> 1 <sup>st</sup> 2 <sup>nd</sup>	Heather W. John F. Paul B.
			<b>Nov. 30</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Bruce F. Debbie D.	<b>Nov.28</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Donny C. Heather W.