



Issue 201

**February
2024**

PRESIDENT'S MESSAGE



The New Year's Levee on January 1st was a wonderful afternoon. Some 40+ members enjoyed great food and good company. I was told by one gentleman he has never before seen such diversity of food. What an uplifting compliment. Thank you to all that helped in the preparation of this feast.

We had a full house on January 18th for the Lunch 'n' Learn session on Fraud and Scams. It seems everybody is out to get you one way or another. Be careful!
Thank you, SPC Officer Elisabeth, for a very informative presentation.

Come and join us on February 15 for our Valentine Day themed luncheon. You'll find all the details regarding menu, prizes and more in this newsletter.

On March 7, 2024 we will have our Annual General Meeting with Elections starting at 10 am. Do you know that in 2023 thirty-four members attended this event? That's just about 10% of the total membership. Let's try and do better this time around. You'll have an opportunity to ask questions about our financial health.

The status of the federal grant. What we have done so far and what we intend to do in the future. Seriously consider standing for one of the open board positions. It would be so helpful to have a full Administration Board again.

Hope to see you there. Elke

PS: Are you interested in learning Bid Euchre. Let me know and I will organize a date and time. 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 Email: danubeseniors@rogers.com



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AGM and Elections Reminder

The Annual General Meeting of the Bradford West Gwillimbury Seniors Association will take place on the morning of Thursday, **March 7, 2024 at 10 a.m.** The purpose of the meeting is to review financial statements and elect members of the Administrative Board for two-year terms. The following positions are up for Election:

President

Vice-President

Special Events Co-Ordinator

Treasurer

Member-at-Large

Director of Facilities Director of Food Services

Nomination Forms will be available at the Danube Centre. and must be initialed by the nominee before being placed in the box by February 29th.

Please note: A seconder is not required for a nomination. Nominees must be members in good standing for a minimum of 1 year.

New:

Zumba Gold is on Mondays at 10:30 am

Fitness with Jennifer is on Fridays at 10:30 am.

“Books & Lunch” The Danube **Book Club** will meet on the first Tuesday of the month at 11:45 am (*bring your own lunch*) See you on February 6th.

Walking Club: Has moved back to Tuesdays at 9:00 am.

Office Assistant



Have you met our new Office Assistant, Edna Hagerty? As part of our Covid Restoration Grant, we have been able to engage Edna to stabilize our office schedule, catch up our filing and generally help our volunteers cope with busy times at the front desk. Welcome, Edna! Thanks for not running out of the building in despair by the end of the first week



Comments made to UK visitors by Americans.

(Apologies to any American's reading this, we hope you will take this in the spirit it is intended) 😊

1. One person complimenting a student's English, despite being 'European.'
2. I tried to book up a B&B style accommodation in San Francisco. The lady from the agency said she had one run by a nice European couple. I said oh which country are they from, and she said they were from Europe. I said but which country are they from and she was getting a little bit irate and said Europe and I said Yes, but which country...
3. When working in the USA, a Scottish friend was often complimented about her "fantastic" command of English, especially because she'd only been in the USA for a few months!
4. Who was the English folk hero who robbed from the rich to give to the poor? Answer given was "The Lone Ranger"

Next time an American says something silly just smile and say ' I love your accent. Canadian, isn't it?

Thursday, February 15, 2024

at 11:30 a.m.



Hearts & Flowers Lunch

"To honour Heart and Stroke Month and of course
Valentine's Day."

Lasagna, Caesar Salad, Bun,
Coffee/Tea and Dessert



**Feel free to wear your best pink, red and white
or anything with a heart - Prizes for top 3**

\$15 per person, tickets available in advance after February 1st

Tickets are non-transferable - Members only



Hello everyone! Enjoy the following information on behalf of Bella from South Simcoe Police. Bella is our new hire at South Simcoe Police working in the Community Engagement and Mobilization Unit.

Hope you are all doing well and staying warm during these cool months. Keep smiling and one foot in front of the other...Spring is just around the corner!

Elisabeth

Hi everyone! I wanted to share some recent scams that are circulating in our communities.

Concert Ticket Scam: Police received two reported incidents where victims responded to advertisements for Taylor Swift tickets on Facebook Marketplace. In each case, when e-transfer payments were made, the “seller” stopped all communication. The scammer then usually blocks the victim’s account or deletes the fake account, leaving the buyer without their money or tickets. Always exercise caution when making online purchases with an unknown seller. Always try to exchange items and money in a public space. Do some research on the seller. Avoid making transactions through Interact E-Transfer as once the money has been deposited, the transaction cannot be reversed. Remember, if it seems too good to be true, it’s probably a scam.

Emergency Scam: A 75-year-old victim received a phone call from a man claiming to be a lawyer. The fake lawyer said the victim’s friend had been in a collision and needed several thousand dollars for bail. The victim obtained the cash and within one hour, a male suspect arrived at her door to pick up the funds “before the courthouse closed”. After handling over the money, the victim became suspicious. She looked up the lawyer’s contact and called him directly only to confirm he was not involved. The real lawyer urged her to call the police. The Emergency Scam, and its variation, the Grandparent scam, continue to circulate in our communities. If you receive a phone call claiming to be from a family member in an emergency situation, hang up the phone and contact them directly using a phone number you already have – not one provided by the suspected fraudster. Be suspicious of phone calls that require you to immediately act and request money for a family member in distress.

REMEMBER: If you have been a victim of any scams please report the incident to the South Simcoe Police Service at 905-775-3311 or 705-436-2141, and the Canadian Anti-Fraud Centre <https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>.

An important reminder for when there is a lot of snow and you’re driving - ALWAYS clear off the snow on your vehicle (all windows and sightlines) before driving off. This is very important for your safety and others – and keep in mind that it’s against the law not to do so! Stay warm and healthy in these chilly months!



Lunch & Learn

Thursday, March 21st 2024

Workshop 10:30-11:30 - Lunch 11:45-12:45

\$10 pre-registration is required

**Contact Linda Ind at
lindaind@sympatico.ca or call the
Danube at 905.775.0612**

Fit Mind, Body & Soul

Fit Mind, Body & Soul is an interactive wellness workshop that takes a holistic approach to nurturing the mind, body, and soul as we age. Engaging cognitive exercises featuring Fit Minds CST, tailored exercise routines to keep your body agile, mindfulness practices to foster a calm and focused mind, and explore soul-nourishing activities that bring joy and purpose into your life.



Pot Luck before Dominoes

For several years, a group of Dominoes enthusiasts met at the Danube Centre every Friday night at 7 p.m. It was a mostly friendly, not-too-competitive game -- and no one saw the dominoes that passed between players under the table. 😊

By the way, Dominoes can still be played at the Danube Centre during Mixed Games on Wednesday afternoons. Mexican Train, anyone?



Joke

I asked old Maude how she lost her husband. She told me her sad story.

“Well, Norman needed a blood transfusion, but his blood type was not on record, so the doctors asked me if I knew what it was? They urgently needed to know, in order to save my Norman’s life.

“Tragically, I’ve never known his blood type, so I only had time to sit and say goodbye.

“I’ll never forget how supportive my Norman was. Even as he was fading away, he kept on whispering to me, “Be positive, be positive!”

“That was my Norman! Always thinking of others.”

(Courtesy of Jan)

New Year's Levee 2024



For the first time since 2020, we held a President's Levee at the Danube Centre on Monday, January 1st, 2024. Elke's meticulous records of past events certainly came in handy with the planning of this one! Tables were set with a chokkie at each place, and the buffet table was packed with finger foods and yummy home-baked treats. There was no set program for this event, but guests enjoyed lively conversation and laughter filled the hall.





CROP

In the Collins online dictionary, the first 9 meanings of the word “crop” refer to agriculture, parts of animals and human hairstyles. In meaning #10, “to crop a photo” is to cut off part of a photo, either to get rid of that part or to prepare the photo for framing.

To attend a CROP, is to attend a paper-crafting workshop, like the first one EVER held at the Danube Centre on Saturday, January 20th. Member Debralee L-G organized the all-day event attended by more than a dozen paper crafters including Mikki B. and Brenda C. Even Jan E. tried her hand at a challenge use of left-over paper strips.

The next CROP is scheduled for Saturday, February 23, 9 a.m.-9 p.m. For more information and to pre-register, contact Debralee at dlloydgraham@gmail.com. There is a fee for this event.

In the meantime, the Danube scrapbooking group meets in the Craft Room on Monday mornings at 9:00.



"Barbie"



It was very pink inside the Danube Centre on Saturday, January 27th for the screening of the "Barbie" movie – not a kids' film by any means.

The movie is a musical dramedy starring Margot Robbie and Ryan Gosling as Barbie and Ken, with supporting roles played by America Ferrera, Kate McKinnon, Simu Liu, Mike Farrell, and Rhea Perlman as Ruth Handler, who created the first Barbie doll in 1959.

From Barbieland to the Real World, Barbie is a controversial character: figure of empowerment for young girls, or vehicle of the consumerist patriarchy? The debate continues.

Our next movie day will be in March or April. Stay tuned.

-Jan

Remember to use our new web page address: bradfordseniors.ca



Mark your calendars for March when everything in the Danube Boutique will be 50% off. This is a once-a-year sale and a great chance to buy items at a wonderful price.

Silly Barbie jokes

Why aren't Barbie dolls made of plastic anymore?
Because the Kardashians have used it all up

Did you hear about the Barbie that was excellent at swimming?
She was doll fin.

Did you hear about Ken's brother that only had one arm?
He was known as Bro Ken.

March Madness

**50% off all items in the
Boutique for the entire
month!!**



Danube Seniors Centre



Discover More Living

Make the most of every moment with personalized service and meaningful experiences curated to your lifestyle. A place where you get to decide what every day looks like. That's more living. Revera is where your journey continues.

OPENING 2023

Visit our presentation centre to secure your preferred suite

Sharon Corners Presentation Centre
18578 Leslie St, East Gwillimbury
Sharon Corners
1466 Mount Albert Rd, East Gwillimbury
reveraliving.com/SharonCorners




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



History Snippets:

1976: Mystery writer Dame Agatha Christie dies in Wallingford, England, at age 85.

1977: Karen Kain and Frank Augustyn of the National Ballet, the first Canadian dancers invited to perform with the Bolshoi Ballet, receive a standing ovation in Moscow.

2000: Justice Beverley McLachlin is sworn in as the first female chief justice of the Supreme Court of Canada



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Journaling Through Grief

"Writing is medicine. It is an appropriate antidote to injury. It is an appropriate companion for any difficult change." - Julia Cameron



Join us for this 6 week grief support series to learn how the technique of journaling can help you process your grief.

Every Wednesday
Starting February 7th until March 20th
10:00 am - 11:30 am

For more information or to register, contact:
Eryn at emanchanda@matthews.house
Please Register by January 31st

Matthews House Hospice 

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



Matthews House Hospice 

Mission

To offer caring and compassionate hospice, home, and community care for those who are experiencing a life-limiting illness, facing end of life, or grieving a loss.

At Matthews House we support not only our clients, but also their caregivers, families, and friends through our residential, outreach, and bereavement programs.

Vision

Inspired by the strength of those we serve, we strive to be the place of choice for living life fully, dying with dignity, and coping with bereavement.

Core Values

CARE

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Empathy

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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	9:00 am Tai Chi
9:15 am Scrapbooking	10:30 Chair Fitness	1:00 pm Mixed Games	10:00 am Quilting Group	10:30 am Fitness with Jennifer
9:30 am Pool	New: 11:45 am Book Club (<i>Bring your own lunch</i>) 1st Tuesday of the month	1:00 pm Coffee & Chat 3 rd Wednesday of the month. ↓	10:30 am Chair Yoga	1:00 pm Carpet Bowling And Sundays 1pm
New 10:30 am Zumba Gold	1:00 pm Crazy Canasta	Contact Lynda at neller4880@sympatico.ca for more information	1:30 pm Regular Euchre	
1:00 pm Bridge	1:00 pm Goldenaires			
	7:00 pm Bid Euchre			

Card Games Results

<u>BRIDGE</u>	<u>EUCHRE</u>	<u>BID EUCHRE</u>
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Jan. 8	1 st 2 nd	Darcy E. Neil E.	Jan. 4	1 st 2 nd	William S. John H.	Jan.2 TIE	1 st 2 nd	Yvonne W. Elke P. & Tony P.
Jan.14	1 st 2 nd	Rosemary S. Sally P.	Jan. 11	1 st 2 nd	Cynthia H. Patrick D.	Jan.9	1 st 2 nd	Heather W. Allan B.
Jan.29	1 st 2 nd	Malcolm P. Cathy R.	Jan.18	1 st 2 nd	Susan S. Don J.	Jan.16	1 st 2 nd	Elke P. Ike E.
			Jan.25	1 st 2 nd	Bill B. Milan B.	Jan.23	1 st 2 nd	Heather W. Kevin W.
						Jan.30	1 st 2 nd	Heather W. Peggy R.