



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



President's Message

Valentine's Day, the day of celebrating love and friendship with every shade of red and pink. As you can see from the photos later on in the newsletter, nearly everyone participated in this idea and turned the hall into a sea of red. Thank you.

Did you enjoy the luncheon on February 15? That Lasagna looked so good, smelled mouthwatering and tasted even better. My appetite is usually not the greatest during these big events, but I thoroughly enjoyed the leftovers two days in a row. Thank you, Nicole, for another great meal.

March 21 will be our next Lunch and Learn. The theme is "Fit Mind, Body & Soul ". We can all benefit from learning how to deal better with the stresses of everyday life and the ever-changing technologies. Afterwards you can enjoy a delicious soup and the freshest sandwiches in town.

On the lighter side: The children from St. Charles School will be visiting on March 19, starting at 1:00 p.m. This is a wonderful opportunity for the young and the young at heart to be together and enjoy music and each other's company.

HOPE TO SEE YOU AT THE AGM ON MARCH 7, 10:00 a.m.

Happy Easter to all of you.

-Elke



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.** Come out and vote for your board members. We hope to see you there!

We would also like to remind people to **NOT** wear perfume or aftershave at the Danube, especially at the upcoming AGM and whenever people are grouped together. Many of our members are allergic to these smells and can become ill. Please be considerate and forgo wearing any kind of perfumed product. We thank you kindly.

Another reminder that when purchasing tickets for events or attending programs you may be asked to show an up-to-date membership card. You should be prepared to re-new your membership before being able to participate in programs/events. This also applies to people who have requested printed copies of the monthly newsletter. Only members in good standing have the privilege of receiving our news in printed form. Thank you.

You may be asked to show that you have had at least two Covid19 vaccinations the first time you attend the Danube.

– Admin.

Please Note: The activity schedule on the last page now reads across instead of down.

No line dancing on March 20, 27, & April 3 & 10.

President

Elke Pitkin

1st Vice- President

Vacant

2nd Vice-President

Jan Evans

Secretary

Lynda Neller

Treasurer

Ann Spalding

Director of Programs

Linda Ind

Director of Special Events

Vacant

Director of Facilities

Mike Agosta

Director of Food

Services

- Vacant

Members-at-Large

Lynn Kanyo

Edale Levene

Past President

Elaine Love

Newsletter Editor

Edale Levene

Contributing Editor &

Photographer

Jan Evans

Website & Facebook Page

Neil MacNaughton



In Memory of
Sylvia Luxton
1930 - 2024

To say that Sylvia Luxton was a force to be reckoned with even (or, perhaps especially) in retirement, would be an understatement.

The story of the Danube Seniors Centre began when Sylvia was delivering one of her trademark Health Seminars at the Bradford Legion in early 1996. She was asked by a participant why there was a Good Neighbours Committee in Bradford, but no place where Seniors could congregate and enjoy each other's company. Founding a gathering place for seniors in our town became her quest.

It took two years, but in 1998, the stars aligned and the Bradford West Gwillimbury Seniors Association was created to administer a volunteer-run seniors drop-in center located in the former Danube Countries Banquet Hall at the south end of town. As Chair of the Seniors Steering Committee that founded our Centre, Sylvia became the Charter President of the BWGSA. But she was so much more than that!

Health Seminars, Line Dancing, Yard Sales, Santa Claus parades, Birthday lunches, New Year's and Robbie Burns Day parties, "Let Us Entertain You" talent shows, tree-plantings, bus trips, newspaper articles, fundraisers, gardening with schoolkids, renovations, etc., etc.: the list of her contributions to the Danube Seniors Leisure Centre is astounding. She and Trevor never missed an opportunity to advocate for seniors in the wider community as well.

It was with great joy that we welcomed her to the 25th Anniversary celebration of our founding in April 2023, and she returned the favour by attending the Goldenaires' concert at The Elden retirement Community last June.

We owe a huge debt of gratitude to this indomitable woman whose legacy of community service we strive to continue.

Photos on next page



Let Us Entertain You
 715 Danube Road, Brampton, Ont. M6H 2T5
 Brilliant performances by our members and guests
 Golden Age Choir, Society and Dancers
 Ladies Rock and Roll Band
 The Danube Calendar Girls 2008
 Solo and Acrobatic Dancers
 Join us for a night of musical entertainment, fun and laughter.
 Saturday, 20 May 2008 at 7:00
 Admission \$1.00
 Complimentary light refreshments at 6:30
 Produced and Directed by Sylvia Luxton

THIS PLAQUE
 IS PRESENTED TO
SYLVIA LUXTON
 FROM THE BRADFORD
 WEST GWILLIMBURY
 SENIORS ASSOCIATION
 IN SINCERE APPRECIATION
 FOR HER DEDICATED SERVICE AS
 FOUNDER & CHARTER PRESIDENT
 1998-2001

Hearts and Flowers Lunch February 15th 2024



74 tickets sold + 8 Volunteers - what an amazing event!



While everyone was so patiently waiting their turn to be called up for lunch, they were busy catching up with each other, playing word searches or munching on the variety of candies at each table setting. Also, to keep them entertained there were a few brief announcements and a lot of jokes!

The Lasagna was a hit, great job again by Chef Nicole and her team. To top it all off, Elke prepared Vanilla Ice Cream with a Strawberry Swirl.

The winners of the Tim Hortons Gift Cards for Best Dressed were:

- 1st place - Patricia Durkin
- 2nd place - Linda Usher
- 3rd place - Wendi Williams

Share the wealth winner taking home \$67.00 each were Shirley Bowles and Marilyn Jacobs.

Door Prize Winner of a beautiful sterling silver set of earrings and necklace was Sven Poulsen.

So great to see everyone out and having fun! Can't wait to help plan the next even in April ---- any ideas???

- Linda Ind

More photos follow...









PUZZLE SWAP & SALE

Bring your puzzles and swap them for ones that are new to you.

Date: Saturday, March 23, 2024

Time: 1:00 PM to 3:00 PM

Location:

The Danube Seniors Leisure Centre
715 Simcoe Road, Bradford, ON L3Z 4B4

Contact Info:

Stephanie Somerville

Email: Bembridge3901@gmail.com

Phone: 416-906-5394

Tables will be available to display your puzzles on a first-come, first-served basis. Please contact me if you require a table to be held.

Puzzles must be in good condition. If there are missing pieces, please note it on the puzzle box.

If you are selling your puzzles, please make sure the prices are clearly marked

Viva la musica!!

Have you tried the newest addition to the Danube Centre program schedule: ZUMBA!! ("Zumba Gold", to be exact)?

It's LOUD!! It's exhilarating!! It's hilarious!! And a workout for the brain as well as the body.

Salsa, Tango, Shimmy, Swim, Bollywood – Sandy Foster leads it all, except the Twist – too hard on the knees of us 'Golden Oldies'. And NO JUMPING!!

Thank you, Sandy and Duncan for spicing up our Monday mornings.





Musical Afternoon

**with the choir from St. Charles School
and our own Goldenaires performing for
each other and the assembled parents
and grandparents. Members welcome.**

**Tuesday, March 19th
at 1:00 p.m.**

**Light Refreshments will be
served after the singing.**

**Danube Centre
905 775-0612**



Snapshots of the Danube

Mike showing Daniel how to aim in carpet bowling.



Gary sporting his Birthday Shirt

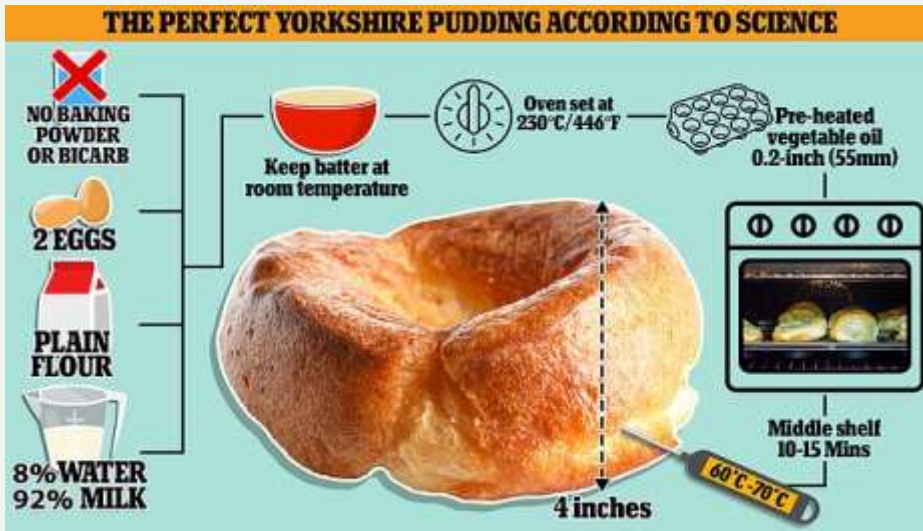
Jennifer's Fitness Group



Bill and Barbara had a great day at line dancing and Choir celebrating their Birthdays which fall on the same day.

Salute to Bill on his 90th. Congratulations!





It seems we missed the February *Yorkshire Pudding Day* in the UK.

So, if you want to try making them according to this, let us know the results and include a photo if possible.



The Royal Society of Chemistry's Yorkshire pudding recipe

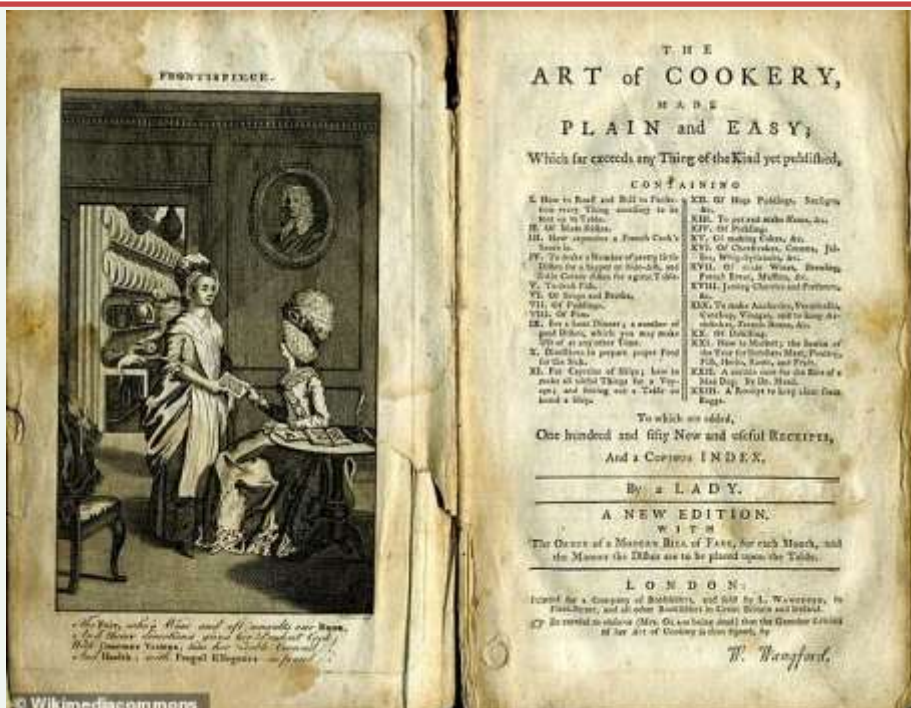
Ingredients (makes 6 puddings)

- 85g plain flour
- 2 small eggs
- Half a teaspoon of salt
- 250ml of milk and water mixture (230ml milk and 20ml water)
- 1 to 2 tablespoons of vegetable oil or beef dripping

Method

1. Put flour in a bowl, make a well in the middle, add the egg, stir until the two are combined then start gradually adding the milk and water combining as you go.
2. Add the liquid until the batter is a smooth and thin consistency.
3. Stir in half teaspoon of salt and leave to stand for 10 minutes
4. Put chosen fat into Yorkshire pudding tins or into one large tin but don't use too much fat.
5. Put into hot oven until the fat starts to smoke.
6. Give the batter a final stir and pour into the tin or tins.
7. Place in hot oven until well risen - should take 10 to 15 minutes.

Do NOT open the oven door when the Yorkshires are in there



The first appearance of the 'Yorkshire pudding' is from the 1747 book 'The Art of Cookery made Plain and Easy' by Hannah Glasse .

(WikipediaCommons)



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 Quiz

Question	Answer
1 In the Alphabet Song how many letters are between L and S?	:
2 The "Venus de Milo" is a statue missing which part of the body?	:
3 Ray Charles was famous for playing which instrument?	:
4 Which country is Tasmania a part of?	:
5 Pickles start out as what vegetable?	:
6 If you tipped 20% on a \$150 bill how much would the tip be?	:
7 Where is Stonehenge?	:
8 What colour is chlorophyll?	:
9 What is the November birthstone?	:
10 Which letter is representative of 50 in Roman numerals?	:
11 Who wrote the books that the James Bond movie series is based on?	:
12 What does the term "phalanges" refer to?	:
13 According to an old wife's tale what keeps the Doctor away?	:
14 How long was fourscore and seven years ago?	:
15 If I am eating a pink lady what fruit am I eating?	:
16 What are people from Denmark called?	:
17 Dandruff affects which part of the body?	:
18 The monotony of counting which animals is supposed to help a person fall asleep?	:
19 Who wrote the "Famous Five " children's books?	:
20 What hobby does a "twitcher" pursue?	:

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



Danube Seniors Centre

Answer

- 1 6
 - 2 ARMS
 - 3 PIANO
 - 4 AUSTRALIA
 - 5 CUCUMBER
 - 6 \$30
 - 7 WILTSHIRE, ENGLAND
 - 8 GREEN
 - 9 TOPAZ
 - 10 L
 - 11 IAN FLEMING
 - 12 FINGERS
 - 13 AN APPLE A DAY
 - 14 87 YEARS
 - 15 AN APPLE
 - 16 DANES
 - 17 SCALP
 - 18 SHEEP
 - 19 ENID BLYTON
 - 20 BIRD WATCHIN
-

Hope For The Best, Plan For The Rest

Book Social



In 2021, The Waiting Room Revolution podcast was launched. Now Authors, Dr. Winemaker and Dr. Seow, have outlined 7 keys for navigating a life-changing diagnosis in their new book, "Hope For The Best, Plan For The Rest."

With these keys, patients and families move from feeling overwhelmed and "in the dark" to feeling prepared, in control and "in the know."

**The Book Social will be divided into two discussions:
Part One (Chapters 1-5) and Part Two (Chapters 6-11)**

Part One

THURSDAY, MARCH 7
10:30 - 12NOON
2ND FLOOR LIBRARY



Part Two

THURSDAY, APRIL 4
10:30 - 12NOON
2ND FLOOR LIBRARY

This book social is open to everyone
Several copies of the book are available to borrow from Reception
Please RSVP to Megan at mrochford@matthews.house or 705-434-7175

Matthews House Hospice



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





Hamilton Tours Ltd.
of Bradford, Ontario
Personalized Tour & Group Travel Since 1985

3479 County Road 88, Bradford, ON L3Z 3K3
TICO Reg. 04023420

1-800-584-4941

Julie Blythe &
Susanne Hamilton
Owners



www.hamiltontoursltd.com

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



Happy Birthday!

TUPLING INSURANCE BROKERS

o/b Insureit Group Inc. "Your trusted Insurance Advisors"

AUTO, HOME, COTTAGE, BUSINESS, FARM

198 Holland Street, East, Bradford Ontario

Phone: 905-775-3379 Toll Free: 1-877-TUPLING

www.tuplinginsurance.com



BRADFORD Jewellery



peter dykie

Peter Dykie Jr.
Jeweller

5 Holland St. E, Box #316
Bradford, ON L3Z 2A9

Tel: (905) 775-4653
Cell: (905) 830-8035
Cell: (289) 231-5745

bradfordgems2@rogers.com
www.bradfordjewellery.ca



Memories Group
HOME HEALTHCARE

The First Choice In All
Your Healthcare Needs

Personal Care | Home Support
Companion Care | Palliative Care
Live-in Care | Nursing / Foot Care

1-855-558-4798



The Celebrity

One day a famous old Celebrity went to a Nursing Home to see all of his friends again and see how everyone was doing.

When he got there he was immediately greeted by everyone because they recognized him instantly.

He said hi to all of his friends warmly but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The Celebrity went up to the old man and stood in front of him, asking: "Do you know who I am"?

The old man looked at him and quickly said: "No, but you can go to the front desk and they'll tell you".

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.*



**Vintage Playing card —
representing a gangster!**



HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH 

Call today to schedule your
Personal Tour 905-775-6020

The
EldenTM
of Bradford

UN-RETIREMENT RESIDENCE

YOUR COMMUNITY
LIVES HERE

CALL 905-775-1700



Vintage Travel Guide

“Price: Sixpence”

In the 60's, Sixpence would buy you a chocolate bar. It would have bought you a lot more when this item was originally printed, in the Victorian or Edwardian age.

Leo & John's

Car & Truck Sales

We specialize in tires

B.F. Goodrich • Uniroyal • Michelin

www.leoandjohns.ca

Bus: (905) 775-6162
(905) 775-6120

P.O. BOX 629
173 HOLLAND ST. W.
BRADFORD, ONT. L3Z 2B2

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



Danube Activity Schedule

MONDAY	9:00 am Woodshop	9:15 am Scrapbooking	10:30 am Zumba Gold	1:00 pm Bridge		
TUESDAY	9:00 am Walking Club	10:30 am Chair Fitness	11:45 am Book Club (<i>Bring your own lunch</i>) 1st Tuesday of the month	1:00 pm Crazy Canasta	1:00 pm Goldenaires	7:00 pm Bid Euchre
WEDNESDAY	9:15 am Line Dancing No line dancing on March 20, 27, April 3 & 10	1:00 pm Mixed Games Pool	1:00 pm Coffee & Chat 3rd Wednesday of the month. Contact Lynda at neller4880@sympatico.ca for more information			
THURSDAY	9:00 am Woodshop	9:30 am Pool	10:00 am Quilting Group	10:30 am Chair Yoga	1:30 pm Regular Euchre	
FRIDAY	9:00 am Tai Chi	10:30 am Fitness with Jennifer	1:00 pm Carpet Bowling AND Sunday at 1:00 pm			

Card Games Results

Bridge			Bid Euchre			Euchre		
Feb.5	1st 2nd	Rosemary S. Cathy R.	Feb. 6	1st 2nd	Heather W. Donnie C.	Feb. 1	1st 2nd	John F. Rebecca B.
Feb.12	1st 2nd	Darcy E. Neil E.	Feb.13	1st 2nd	Ike Connie	Feb.8	1st 2nd	Bill B Susan S.
Feb. 26	1st 2nd	Malcolm P. Rosemary S.	Feb. 20	1st 2nd	Heather W. Kevin W.	Feb.15	1st 2nd	William S. George M.
			Feb.27	1st 2nd	Ike E. Doug H.	Feb. 22	1st 2nd	Alvin B. Heather W.
						Feb. 29	1st 2nd	Bruce F. Marilyn