



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

President's Message



We had our AGM on the 7th of March. 40 members attended this meeting. That number is up from 2023. It's great to see our efforts are supported by the membership.

I'd like to thank our outgoing board member Edale Levene for her service. Luckily for us, Edale will continue her amazing work as newsletter editor.

A big welcome to our newest board members Wanda Thomas (2nd Vice-President) and Debbie Davidson (Member at Large). Wanda and Debbie have been a part of our core group of volunteers for some time. Helping with lunches, office work, special events or whatever is needed. Thanks for stepping up by joining the administration board.

We had a full house on March 21st for another "Lunch 'n' Learn presentation. The soup was delicious and the Roast Beef Sandwiches are a keeper. We definitely have to serve them again. You can all look forward to our next Special Event on April 18th. A full luncheon with Chicken, Potatoes, Vegetables, Salad and Desert.

You all heard about keeping our brain healthy. One suggestion was to learn a new game. Last Wednesday we had our first session of teaching Bid Euchre. We will do it again next week. If you would like to learn Bid Euchre, Regular Euchre or Crazy Canasta let us know and we will teach you.

THERE IS AN ACTIVITY SCHEDULE CHANGE
Chair Yoga is moving to Friday starting April 5
Fitness with Jennifer is moving to Thursday starting April 4
No time changes

Happy Easter, stay safe, Elke

P.S. April is National Volunteer Month designed to recognize and honour millions of volunteers in Canada. Volunteers have an enormous impact on our daily life. They are everywhere, hospitals schools you name it. Close to home we have the perfect example in our Danube Centre.

To all the Volunteers THANK YOU!

AGM Report March 7, 2024

The 2024 AGM of the BWGSA was held on Thursday, March 7, 2024 with about 40 members present. After Bill Bishop led the singing of O Canada MC Lynn Kanyo led a moment of silence for all the members we have lost since the last AGM in 2023.

Lynda Neller (Secretary) read the minutes from the 2023 AGM. Ann Spalding (Treasurer) provided the financial report from the past year. Linda Ind (Director of Programs) reported on our regular programs as well as some new ones. She also read a report from our 2nd VP, Jan Evans, (now 1st V.P) who was unable to attend this year's AGM. Neil McNaughton spoke about the COVID grant that we received last year and how it was spent

The election of officers followed. Most positions were acclaimed but there was a secret ballot election for Member at Large. There were 2 positions unfilled. MC Lynn Kanyo then introduced the new board.

President: Elke Pitkin
1st VP: Jan Evans
2nd VP: Wanda Thomas
Treasurer: Ann Spalding
Secretary: Vacant
Director of Programs: Vacant
Director of Facilities: Mike Agosta
Member-at-Large: Debbie Davidson
Member-at-Large: Lynn Kanyo

Director of Special Events: Linda Ind
Director of Food Services: unfilled
Past President: Elaine Love

(Note some changes since AGM)

The meeting was adjourned and refreshments were served.

-Lynn Kanyo

Please Note: Wearing a mask indoors at the Danube is recommended but not compulsory.

If you or a close relative feels unwell please stay home until you are better.

Thank you for your understanding.

- Admin



President

Elke Pitkin

1st Vice-President

Jan Evans

2nd Vice-President

Wanda Thomas

Secretary

Vacant

Treasurer

Ann Spalding

Director of Programs

Vacant

Director of Special Events

Linda Ind

Director of Facilities

Mike Agosta

Director of Food

Services

- Vacant

Members-at-Large

Debbie Davidson
Lynn Kanyo

Past President

Elaine Love

Newsletter Editor

Edale Levene

Contributing Editor &

Photographer

Jan Evans

Website & Facebook Page

Neil MacNaughton



DANUBE SENIORS CENTRE

**“SPRING HAS SPRUNG”
LUNCHEON**

**DATE: APRIL 18TH, 2024
TIME: 11:30 A.M.**

MENU

**CHICKEN DINNER
SALAD AND DESSERT
COFFEE AND TEA**

**\$15 per person, tickets available in advance after April 8th
Tickets are non-transferable - Members Only**

FOR MORE INFORMATION CONTACT: 905.775.0612 OR DANUBESENIORS@ROGERS.COM

Door prizes provided by The Elden and Holland Gardens



BWCSA BOARD 2024
PRESIDENT: ELKE PITKIN
1ST VICE-PRESIDENT: JAN EVANS
2ND VICE PRESIDENT: WANDA THOMAS
SECRETARY: LYNDA NELLER
TREASURER: ANN SPALDING
DIRECTOR OF FACILITIES: MIKE AGOSTA
DIRECTOR OF SPECIAL EVENTS:
DIRECTOR OF FOOD SERVICES:
DIRECTOR OF PROGRAMS: LINDA IN
MEMBER-AT-LARGE: LYNN KANYO
MEMBER-AT-LARGE: DEBBIE DAVIDSON





Musical Afternoon



On Tuesday, March 19th, the Danube Centre welcomed Mr. Clayton and the cast of the St. Charles School upcoming musical, "The Wizard of Oz", for an afternoon of shared music appreciation.

First, the Goldenaires performed numbers ranging from the Italian Renaissance to the present, by way of Dale Evans' "Happy Trails" and songs from various Disney musicals. The audience was also encouraged to participate in Bill Bishop's traditional solo performance. Thanks, Bill!

Then the children took to the stage and presented several musical numbers from "The Wizard of Oz", including the "Munchkin Song", solos by Dorothy, the Scarecrow, Tin Man and Cowardly Lion, and 'We're off to see the Wizard". It was a joy to hear their young voices in the hall!

Afterwards, Mr. Clayton took out his guitar and invited everyone to join him in a sing-along of familiar tunes, the Beatles' "Yellow Submarine" and the crowd favourite "Sweet Caroline" to name but two.

The afternoon concluded with snacks for the children and Mr. Clayton's promise to return next year.

Information regarding showtimes and tickets for "The Wizard of Oz" will be passed along to Danube members as soon as we receive them from St. Charles School, later in the spring.



More Music photos





Can you name these Famous Guitarists?



Answers on P.

Golden
Carers

New Fire Escape



So you go away on vacation for a few weeks and all kinds of things happen while you're gone: most notably, the posting of a Building Permit on the Danube front door and the subsequent installation of free-standing steel stairs on the west exterior wall of the Danube Centre.

Why is this important news? Because the presence of a legal Fire Escape means that capacity restrictions on the upstairs meeting room have been removed and more than 4 people at a time can once again congregate in that space (think Board meetings, Care provider



Wellness Programs, alternate Tai Chi location, etc.tc.). Wo-hoo!

-Jan Evans

Upstairs door minus barricades



"Fit Mind, Body and Soul" Lunch 'n' Learn

At the March 21st "Lunch 'n' Learn" Event, the interactive wellness workshop, *Fit Mind, Body and Soul*, presented strategies for maintaining and improving brain health as we age.

In addition to the informative power point presentation, attendees were given time to solve a series of verbal, numerical, critical thinking and visual puzzles.

For example:

What word links the two given words? Rain _____ Mate*

What are the next two numbers in the pattern? Explain the pattern.

3, 6, 12, ____, and ____.*

Other suggested strategies include: - taking a different route to a familiar place once in awhile - learning something new (a new knitting pattern, a new exercise or dance routine, new words from the dictionary, etc.) doing crosswords and/or Sudoku puzzles.

People were asked to try the puzzles individually, and answers were taken up at the end of each activity. As it turned out, there was more than one possible answer for several of the puzzles!

What could you do at home to improve your brain health? Take a deep breath, and **calmly** see how many words you can make out of the word SUNSHINE.

Spring: A lovely reminder of how beautiful change can be.

After the workshop we were treated to lovely Italian Wedding Soup and assorted sandwiches created by Chef Nicole and Assistant Lisa. Thank you! Dessert was fruit jello with whipped cream.

Thank you to all the volunteers who made this event possible.

Answers: 1). Rain CHECK Mate 2) 3, 6, 12, 24 and 48.

(each number is the double of the one before it)

Word Search

TRAIN TERMS



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

Bell

Junction

Tower

Spikes

Route

Track

Engine

Switch

Speed

Ticket

Electric

Lights

Train

Cabin

Crossing

Caboose

Rails

Whistle

Power

Station



Dan (the Man) Murray, our extraordinary carpet bowler, participated in the Special Olympics held in Calgary, Alberta in February 2024. He won silver medal in five pin bowling.

Congratulations, Dan!



Many congratulations to Angelo DeAngelis on his 90th Birthday!



Thank you for the Music!"



In the photo, Judy McCoubrey, longtime member of the Danube Centre and member of the Retired Teachers of Ontario group, presents Janet Evans, Goldenaires Choir Director, with a cheque for \$500 to be used for the purchase of new music for the choir. Donna Gustafson, Choir Accompanist, looks on.

Judy applied for the RTO grant on behalf of the Goldenaires, our choir of Seniors who perform for Seniors at Bradford Valley, Holland Gardens, The Elden of Bradford and the Danube Seniors Centre.

Thank you, Judy! And thank you to RTO for recognizing our commitment to Seniors in our Community.

Famous Guitar Picture Quiz Answers

1. Buddy Holly
2. Paul McCartney
3. John Denver
4. Jimmy Hendrix
5. Elvis Presley
6. Johnny Cash
7. Joni Mitchell
8. Cliff Richard
9. Chuck Berry
10. John Lenon
11. Eric Clapton
12. Dolly Parton

No Duane Eddy? - I wouldn't consider some of these "great" guitarists, just my humble opinion.



Golden Carers

"Somebody just gave me a shower radio. Thanks a lot. Do you really want music in the shower? I guess there's no better place to dance than a slick surface next to a glass door."
Jerry Seinfeld

"I play all the right notes, but not necessarily in the right order."
Eric Morecambe

"The first time I sang in the church choir, 200 people changed their religion."
Fred Allen

*"My definition of an intellectual is someone who can listen to the 'William Tell Overture' without thinking of *The Lone Ranger*."*
Billy Connolly

"When she started to play, Steinway came down personally and rubbed his name off the piano."
Bob Hope

"Get up from that piano. You hurtin' its feelings."
Jelly Roll Morton

"I don't like country music, but I don't mean to denigrate those who do. And for the people who like country music, 'denigrate' means 'put down.'"
Bob Newhart

Word Search

TRAIN TERMS



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

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



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The Origins of April Fools' Day

April Fools' Day, shrouded in historical ambiguity, is believed to have sprouted in 16th-century France during the transition from the Julian to the Gregorian calendar. In those times, some continued to celebrate the new year on April 1, unaware of the calendar shift, making them unwitting targets of playful jokes and earning them the moniker 'April fools.'

April 1 remains a globally recognized day for pranks and jests, with one timeless rule: always conclude your prank with the classic declaration: 'April Fools!'

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.*



By Land or Sea Trivia Quiz

All of the answers contain the word
"land" or "sea"

1. He collects the rent
2. The year is divided into four of these
3. Clams, oysters, haddock . . . collectively
4. A way to reclaim ground . . . and a place to dump the trash
5. A false spoken statement that damages a person's reputation
6. A little sports car doesn't have this
7. In coastal areas these are as common as pigeons
8. "No man is an _____" wrote John Donne
9. What you get when you sew two peices of cloth together
10. The single most important safety feature in a car
11. Patients with gastrointestinal problems are often told to eat this kind of diet
12. In New York, it's the Empire State Building. in Toronto it's the CN Tower



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By Land or Sea *Trivia Quiz Answers*

1. Landlord
2. Seasons
3. Seafood
4. Landfill
5. Slander
6. Back Seat
7. Seagulls
8. Island
9. Seam
10. Seatbelt
11. Bland
12. Landmarks

History Snippets

1885: George Eastman manufactures the first commercial motion-picture film in Rochester, N.Y.

1908: Prince Edward Island bans all automobiles. The first car had appeared on the Island three years earlier, causing such a controversy that the law outlawing the operation of any motor vehicle was passed. At the time of the ban, there were only seven cars on P.E.I. The ban was repealed in 1913.

1917: The Seattle Metropolitans become the first U.S. team to win the Stanley Cup, defeating the Montreal Canadiens.

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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 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 Fitness with Jennifer	1:30 pm Regular Euchre	
FRIDAY	9:00 am Tai Chi	10:30 am Chair Yoga	1 :00 pm Carpet Bowling AND Sunday at 1:00 pm			

Card Games Results

Bridge			Bid Euchre			Euchre		
Mar.4	1st 2nd	Diane F. Cathy S.	Mar.5	1st 2nd	Tony J. Donnie C.	Mar.7	1st 2nd	Bill B. Alain B.
Mar.11	1st 2nd	Cathy R. Sally P.	Mar.12	1st 2nd	Sue L. Ike E.	Mar.14	1st 2nd	Susan D. Bruce F.
Mar.18	1st 2nd	Rosemary S. Fred P.	Mar.19	1st 2nd	Ike E. Gary E.	Mar.21	1st 2nd	Marilyn B. Fran B.
Mar.25	1st 2nd	Malcolm p. Sally P.	Mar.26	1st 2nd	Elke P. Tony J.	Mar.28	1st 2nd	Marilyn B. Marilyn R.