



Issue 212

February
2025

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



Months ago Debbie Davidson had an idea: Wouldn't it be nice to have a New Year's Party? She then followed through with organizing everything. The music, the volunteers, the decorations you name it. The result was amazing. Thank you, Debbie, for giving us an evening to remember.

"Got'Em" has found a steady following. You now can enjoy this activity every second and fourth

Wednesday of the month. Susan has compiled a completely new set of games. We will alternate between the old and new combinations. Should make for an interesting Wednesday afternoon.

Lunch & Learn on January 16th was another successful event. Everyone enjoyed their soup and sandwiches. Thank you for the great feedback. Working in the kitchen I missed the lecture. So, I am really looking forward to possible future Library teaching sessions. I certainly can use the help. Any trouble with the computer and I send an SOS to my daughter.

Saturday, February 1st, we have another musical afternoon. Bring a friend, tap your toes, clap your hands and enjoy.

Now to February's **Big Event**: The "Hearts & Flowers" Lunch on February 20th. Nicole will be back to prepare another one of her excellent meals.

See the flyer for details.

Are you a Puzzle Person? Come to the centre on Saturday, February 22nd and swap your old puzzles for exciting new ones.

March is fast approaching and so is our Annual General Meeting, and elections. Please join us on March 6th starting at 10:00 am. You have an opportunity to review financial statements, listen and vote on proposed changes to our constitution and get answers to any questions you might have.

See you there - Elke

Note: If you register to attend an event and are unable to come, please let us know. There is always a waiting list.

Happy Valentines Day!





President

Elke Pitkin

1st Vice- President

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Linda Ind

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Lynn Kanyo

Past President

Elaine Love

Newsletter Editor

Edale Levene

Contributing Editor

Jan Evans

Website & Facebook Page

Neil MacNaughton

The Danube Centre will be open on Monday, February 17th, which is the Family Day Holiday.

How to make a President cry.



On Friday, December 20th, knowing that just after the Danube Centre closed for the Christmas break Elke would celebrate her 80th birthday, the Friday Carpet Bowling group surprised her with a cake and flowers. Elke was handling the surprise very well until the flowers showed up; then she said, "You're going to make me cry." and they did. Happy 80th, Elke! - Jan

Read an article about Elke in bradfordtoday click [here](#)

Nominations are open for positions on the BWGSA Administration Board.

Nominees must be Members "in good standing" (i.e. annual dues up-to-date, member for not less than one year). To be valid, Nomination forms must be initialled by the Nominee and placed in the so-named box outside the Danube office by Friday, February 28, 2025.

Important Notice

The surest way for the Public Health to close the Danube Centre is if the existing sewage system plugs because of misuse by users, as was the case three times in the fall of 2024. This was not the first ever flooding, but the first since we were hooked up to the Town waste system and not to the septic system of old.

In order to keep our Centre open, we implemented a towel + hand sanitizer system in the washrooms, while we waited for the installation of electric hand dryers. Towels were changed at least once a day, which created a laundry burden for a few of our members. We are grateful for their willingness to provide that service.

Last Friday, the Admin Board of the Danube Centre was informed that it will not be possible to install electric hand dryers in the washrooms as the existing electrical system will not safely support the installation. Therefore, we are forced to return to paper towels effective immediately, and hope that everyone respects the waste system such as it is.

We thank you for your patience and understanding.

—BWGSA Board

New: Drop in series with the Bradford Public Library - the first and third Wednesday afternoon 1-3 p.m. Each week will be a different topic. February 19th will be Library Connections - bring your device. More details to follow for March, stay tuned! - Linda

Attention all performers out there

We are looking for people to perform a few skits. Very lighthearted, bringing in some humour on a difficult topic.

According to the World Health Organization 1 in 6 adults over the age of 60 have suffered some form of abuse in a community setting. According to the Human Rights Commission approximately 4% or 60,000 of the 1.5 million older adults living in Ontario experience elder abuse.

Education is needed to create awareness of the different kinds of abuse, and we are considering partnering with Prevention of Seniors Abuse Simcoe County to help get the word out there that It's Not Right and how people can "safely" assist someone in this type of situation.

This project will take several months and of course there will be training, lots of input and for such a worthy cause.

If you are interested please contact Linda Ind, directly at indaind_8@sympatico.ca or leave a message for Linda at the Danube Centre.

We really think this is a great cause and our duty as older adult advocates to give it a try.

—Linda

Signs and Symptoms of Elder Abuse

Victims of elder abuse may show signs of:

- Depression, fear, anxiety, passivity
- Social withdrawal
- Unexplained physical injury
- Lack of food, clothing and other necessities
- Changes in hygiene and nutrition (e.g. signs of malnutrition)
- Failure to meet financial obligations
- Unusual banking withdrawals

The most common form of elder abuse, **financial abuse**, is defined as any improper conduct, done with or without the informed consent of the senior that results in a monetary or personal gain to the abuser and/or monetary or personal loss for the older adult.



Lunch & Learn

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

Thursday, March 20th, 2025

\$10 pre-registration is required

Contact: Danube Seniors Centre 905.775.0612 or
danubeseniors@rogers.com

Brain Fitness seminar

Presented and sponsored by
Amica Senior Lifestyles
(Aurora and Newmarket)

Expert presenter/coach - Victoria Muir-Burcea

We start with the presentation with four guided brain fitness exercises (fun) and a doodling exercise on the table.

Fill out a ballot and get a chance to win a door prize gift basket



NEW YEARS EVE 2025

Oh, What a Party!

It has been many years since the Danube Centre has seen a New Year's Eve party. And what a party it was, with hats, horns, dancing, euchre, crokinole, non-alcoholic sparkling wine and a pot luck dinner to die for!

The hall was decorated with New Year's balloons, garlands and illuminated frosted branches; tables were set with white linen table cloths, hand-sewn placemats, centre pieces of edible flowers, and strings of lights; the red chairs disappeared under white satin covers tied with black bows, and the lively mood was set with music from the 50's, 60's and 70's.

It was a fun evening for all who attended.

I would especially like to thank Pat Allen for all her hard work, right from the beginning of the planning process to the after-party clean-up. I could not leave out Ann, Anne, Wendy, Stephanie, Jan, Mike, Elke, Susan and Stefan.

-Debbie Davidson





Did you hear? Beethoven Trivia

On March 26th we remember Ludwig van Beethoven, whose musical genius remains unsurpassed. His music is almost universal, and has been adapted to hundreds of genres and different instrumentation. In his honour, we present some Trivia to tell a few interesting tales about his life.

- 1 Ludwig van Beethoven gave us Ode to Joy but never heard the symphony played, nor the thunderous applause that followed.
- 2 What did he hear? Loud ringing in his ears known as Tinnitus.
- 3 How could he compose music when deaf? He retained perfect pitch and memory of sounds.
- 4 What influenced his brilliant musicality? His daily journals suggest isolation, depression, loneliness.
- 5 The surname Beethoven translates as "beetroot farm".
- 6 Throughout 46 years of composing, Beethoven wrote 722 known musical works.
- 7 Ludwig's father, Johann, lied about his son's birth date by two years to encourage the impression that his son was a prodigy.
- 8 Johann would demand that Ludwig practice piano for long hours and would physically punish him for wrong notes played.
- 9 Later in life, Ludwig himself was named guardian to a nephew, who was driven to despair by Ludwig's similarly heavy-handed discipline.
- 10 Both father and son were practicing alcoholics with related medical problems.
- 11 Beethoven is reported to have acquired sponsors who supported him financially so that he could create whatever music he wished. If true, he was the first paid composer in music history.
- 12 An English maker built a special piano and shipped it to Beethoven, but by the time it arrived, Ludwig was totally deaf and so he never heard its sound.
- 13 Once his deafness was total, Beethoven requested that people write in notebooks to communicate with him.
- 14 He was known to drift away from conversations, apparently distracted by inner thoughts or visions.
- 15 There are several unexplained tales that Beethoven made a habit of dousing his head in cold water, particularly before composing.
- 16 In recent years, American university researchers found abnormal heart rhythms recreated and repeated in several of Beethoven's compositions. They theorize that Ludwig suffered from those same arrhythmias. He "heard" the patterns of his heart beating erratically, and they became part of his music.



February 20th, 2025

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

Registration closes on February 14th

**Tickets are non-transferable - Members in
Good Standing only**

**Danube Seniors Centre 905 775-0612 or
danubeseniors@rogers.com**





Danube Seniors Centre

Music in the Afternoon

Saturday, February 1st & Saturday March 1st

1:00 – 3:00 p.m.

Come out to listen and/or Sing-along.

**Entertainers expected: Meade, John, Joe,
Janice, Doug, Peter, Norm, Carol and Bob.**

Admission: Free

**Questions? Call the
Danube Centre at
905.775.0612**





PUZZLE SWAP

Date: Saturday, February 22, 2024 Time: 12:00 PM to 2:00 PM

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

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

- \$2 Entrance fee – all proceeds go to the Bradford Seniors Association
- Tables available on a first-come, first-served basis
- Puzzles must be in good condition (note any missing pieces)

Contact: Stephanie Somerville Email: Bembridge3901@gmail.com | Phone: 416-906-5394

Please contact me for table reservations



INFORMATION SESSION

Canadian Dental Care Plan

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Employment Insurance Benefits

Learn about the Family Caregiver Benefit and Compassionate Care Benefit

Monday, February 3rd
1:30pm - 2:30pm



For more information or to register contact:

Megan at mrochford@matthews.house

Heather at hpatriarche@matthews.house

705-435-7218

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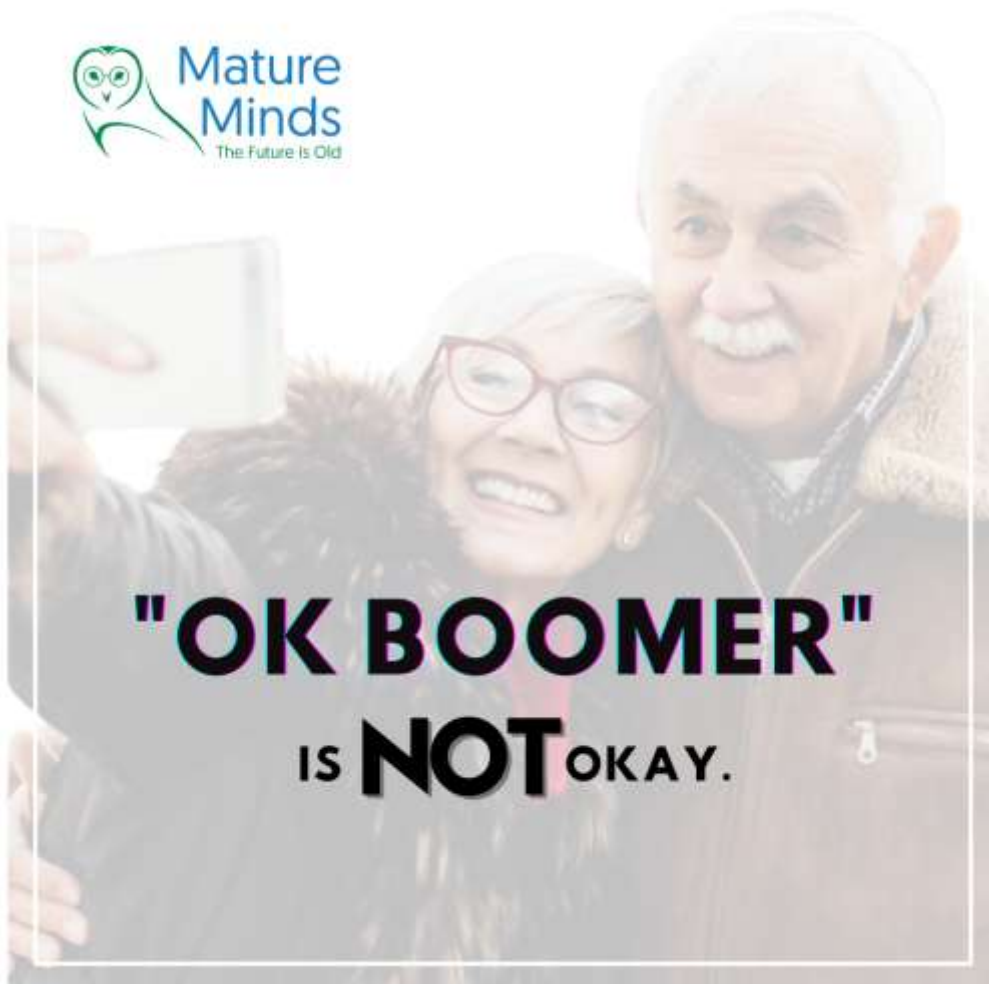
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[First Got'Em of the year](#) and we had 22 players attend and 29 signed up! Great turn out, lots of fun and prizes are now cash!

Winners were Betty Collings, Lynn Woods, Dianne Watson, Jane Cuoco (twice), Terry Lotto each winning \$5.00. Game 7 had three winners for \$3.00 each Ginette Kanyo, Lynn Woods, Rose Bennett and the final Whole Card Game for \$10.00 was won by Ilse Polinski. Congratulations to all of the winners!

The next games will be February 12 & 26. **If you register and are unable to attend, please let us know in advance.**

–Jan & Linda



Music in the Afternoon

On Saturday, January 11th, an audience of nearly three dozen provided the clapping, tapping, swaying, singing and dancing along to the accordion, harmonica, fiddle, percussion, acoustic and electric guitars played by Carol, Norm, Meade, John, Doug, Janice, Joe and newcomer Peter, at the most recent “Music in the Afternoon.” What a great way to spend an otherwise freezing cold Saturday afternoon!

Carol asked everyone to write down a song they’d like to hear/sing at the next musical afternoon on Saturday, February 1st at 1:00. Hope to see you there!

–Jan



The First Lunch and Learn of the year was a great success. Everyone that brought their devices was able to log in and learn what is available on the library website. The library representatives were very pleased with the appreciation and enthusiasm of the participants and have offered to return at a later date.

Thank you, as always, to our wonderful volunteers. We had 33 attendees and 8 volunteers.

-Linda



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

Happy Birthday!



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weather and hoping you will
be well very soon.*



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Jokes

- “A good rule to remember for life is that when it comes to plastic surgery and sushi, never be attracted by a bargain.”
— Graham Norton
- “I’m sick of following my dreams, man. I’m just going to ask where they’re going and hook up with ‘em later.” — Mitch Hedberg
- “The secret of staying young is to live honestly, eat slowly, and lie about your age.” — Lucille Ball
- “When I hear somebody sigh, ‘Life is hard,’ I am always tempted to ask, ‘Compared to what?’” — Sydney J. Harris
- “Those people who think they know everything are a great annoyance to those of us who do.” — Isaac Asimov
- “My favorite thing to do on this planet is to play games. And if you don’t enjoy games, then you’re really missing the point of what this life is.” — RuPaul
- “I believe that if life gives you lemons, you should make lemonade and try to find somebody whose life has given them vodka, and have a party.” — Ron White
- “Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.” — Jack Handey
- “I want my children to have all the things I couldn’t afford. Then I want to move in with them.” — Phyllis Diller

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

FRAGRANCE



Jokes

My grandfather says to me, he goes, "when I was a boy you could walk into a grocery store with two dollars in your pocket and walk out with a loaf of bread, a dozen eggs, even a little butter!"

He says, "but now, these days, too many damn cameras."

The chief engineer on a stream train got a new apprentice.

"What's your name, son?" the older man barked.

"It's Charles, sir," the apprentice replied.

"Listen to me, boy!" the engineer shouted angrily. "I have never called an apprentice by his first name! What's your last name, son?"

"It's Darling, sir."

"All right then, Charlie. Let's start shovelling some coal..."

"Got Em" Winners for February 22nd

Game 1 - Gladys Fieldhouse

Game 2 - Olga Bishop and Terry Lotto

Game 3 - Rebecca Bellamy

Game 4 - Melissa McKee

Game 5 - Patricia Durkin

Game 6 - Janice McGinn

Game 7 - Janice McGinn and Rebecca Bellamy

Game 8 - Full Card Wendy Williams

Danube Activity Schedule

MONDAY	9:00 am Woodshop	9:15 am Scrapbooking	10:30 am Zumba Gold	1:00 pm Bridge Snooker Mah Jong		
TUESDAY	9:00 am Walking Club on hiatus until Spring	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	1:00 pm Mixed Games Snooker	1:00 pm Coffee & Chat 3 rd Wednesday of the month. On hiatus until further notice	1:00 pm "Got'Em" Every 2nd & 4th Wednesday			
THURSDAY	9:00 am Woodshop	10:00 am Quilting Group	10:30 am Regular Fitness	1:30 pm Regular Euchre		
FRIDAY	9:00 am Tai Chi	10:30 am Chair Yoga	1 :00 pm Carpet Bowling			

Card Games Results

Bridge			Bid Euchre			Euchre		
Jan.6	1 st 2 nd	Rosemary S. Neil E.	Jan.14	1 st 2 nd	Donald C. Connie C.	Jan.16	1 st 2 nd	Rebecca B. George M.
Jan,13	1 st 2 nd	Anne R. Gerry F.	Jan.14	1 st 2 nd	Donnie C. Doug H.	Jan 23	1 st 2 nd	Cynthia H. Alvin B.
	1 st 2 nd		Jan.21	1 st 2 nd	Connie C. Heather W.	Jan.30 3 way tie	1 st 2 nd	Bruce F. William S. Heather W.
	1 st 2 nd			1 st 2 nd			1 st 2 nd	