



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

Strange things happen when you least expect them. Last Saturday I was asked to be at the centre for the last hour of the puzzle swap. As I settled in someone called my name, it took me a few moments to make the connection. Her name is Cindy and some 30+ years ago we were both enthusiastic Bingo players. The Bradford Lions Club hosted a weekly bingo at the community centre. In those days we used chips and hardcover cards. It was quite a reunion remembering the old days and catching up on the present.



Our musical afternoon on February 1st had an unexpected twist. The furnace decided to quit. At one o'clock the hall temperature was 14c. That's cold! Nobody went home, we just held on to our coats, scarves and mitts. Clapped louder, tapped faster and finally started to dance. What a fun afternoon it turned out to be.

The Hearts & Flower Luncheon on February 20th saw 77 attendees enjoy an awesome meal. The lasagna was mouth watering, the Caesar salad crisp and the dessert a fitting finish. I personally can confirm the leftovers were just as tasty the following day. The kitchen crew would like to thank you for all the positive feedback.

Tuesday, March 4th at 1:00 pm the children from St. Charles will join the Goldenaires for an afternoon of music. Come on out and support this generational get together.

Wednesday, March 5th at 1:00 pm the library will be available to answer questions on photography. Don't forget your camera.

On March 19th it will all be about painting with water colours. See the flyers for more information.

Our next Lunch & Learn will be on Thursday, March 20th starting at 10:30 am. The theme is "Brain Fitness" What does it mean? (I consulted the Internet).

"Brain Fitness is the ability of the brain to learn and adapt to a changing environment". These days nearly every town has a gym or a fitness centre. There are all types of exercise classes available to take care of our physical fitness. When it comes to our brain health we are on our own. Let's find out what we can do to improve our thinking and remembering. The lunch is sponsored by AMICA. This organization was part of the Savour Simcoe event. Looking forward to a great lunch.

Set aside March 12th and 26th for more fun with "Got 'Em

ANNUAL GENERAL MEETING

Thursday MARCH 6, 10:00 am

See you there

– Elke



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Notes

Annual General Meeting and Election of Officers

March 6, 2025, 10:00 a.m. Please try and attend this very important meeting.

From the Nominations Committee

Elections are coming up on March 6, 2025, at the AGM. One of the positions to be filled is that of Director of Programs. The responsibilities of this position include keeping each program's sign-in sheet up to date with names, membership numbers and dates. These spreadsheets are available on the Danube's computer already set up. As a board member, you would also attend monthly meetings to present any updates and possible ideas for new programs. Nomination forms are available in the office.

Click [here](#) for a link to Bradford Today to read about SPC Elisabeth helping to deliver Valentine cards and carnations in BWG.

The Boutique is having "March Madness" again this year, 50% off everything.

Donations of Spring clothing are now being accepted.

Check out the Wiarton Willie "wanted poster" on page 22. (you may need to increase the page size to read it.)

Baby, It's Cold Inside!

From "La Vie en rose" to "Hockey Night in Canada" by way of "Waltzing Matilda" and a "Green, Green Grass of Home" parody, Carol, Bob, Doug, Janice, John, Joe, Meade, Norm and Peter wowed the crowd at 'Music in the Afternoon' on Saturday, February 1st.

The atmosphere was warm, but after the power cut the day before, the furnaces at the Centre failed to re-ignite and overnight the temperature inside the hall plummeted to a chilly 55F!

For the audience, dancing was the only way to stay warm without a winter coat or car blanket, but our intrepid musicians played on despite the cold.

We were all happy to see the electricians who fixed the furnace problem just in time for refreshments.

The next 'Music in the Afternoon' will take place on Saturday, March 1st at 1:00.

-Jan





Celebrating a joint Birthday

Jan and Bill!



Hearts and Flowers Luncheon February 20,2025

Congratulations to all:

Best dressed winners - Lynda Neller and Marie Mosley

Share the Wealth winners - Lynda Neller, May Fischetti, Audrey Line

Door prize winners - Jennie Mizsoni, Susan Simurda, Marie Wood, Janet Moore, Edgar Lloyd, Carmen Mobbs, Donna Gustafson.

Everyone had a great time and enjoyed the wonderful meal prepared by Elke & Ann! 74 people in attendance.

Thank you for coming and thanks to all our volunteers who helped to make it such an enjoyable occasion.

-Linda Ind

Winners



More photos of lucky winners from the Hearts and Flowers Luncheon



More photos from the luncheon on the following pages



Photos from Olga and Monika



February 20, 2025



February 20, 2025





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 4, 2025
1:00-2:30 p.m.

Free event

Light refreshments will be served after the singing



Danube Seniors Centre

Danube Centre

Drop in with the Library

Wednesday, March 5th

1:00 - 3:00 pm

TOPIC:

Building Blocks of Photography

Bradford-based photographer Jim Craigmyle leads this workshop, introducing the building blocks of photography. Come with your own camera, or practice with a lender camera from the Library.

Hosted by the BWG Library

No registration required, just drop into the Danube Centre

Questions? Leave a message for Linda Ind at 905 775-0612



“NEW”

**at the Danube Centre
715 Simcoe Rd**



Drop in with the Library



**Wednesday, March 19th, 2025
1:00 – 3:00 pm**

TOPIC:

WATERCOLOURS

Artist Valerie Losell leads this workshop introducing the medium of watercolour painting. No experience required, and painting materials will be provided.

**Hosted by the BWG Library
No registration required just Drop in to the
Danube Centre**

Questions? Leave a message for Linda Ind at 905 775-0612

www.FreePrintableStationery.net



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



Sharon Day

On Tuesday, February 12th, the Chair Fitness Class celebrated "Sharon Day" in honour of 'Sergeant Major' Sharon who leads the virtual exercise class wearing a bright pink shirt. It was Valentine's Week and participants posed for pictures wearing their brightest pink tops.

Thanks for the idea, Lynn -- not to mention lending us your pink shirts!

"Shake all over 'cause it's all over!"

—Jan



A vibrant, stylized illustration of a city street scene. In the foreground, two fashion models are the central focus. The model on the left has short dark hair, wears sunglasses, a black turtleneck, a tan trench coat, and a red bag. The model on the right has long brown hair, wears a large black hat, sunglasses, a blue dress, a red coat, and black boots. The background is filled with colorful buildings, a yellow taxi, and other figures, creating a lively urban atmosphere. The entire scene is framed by a red border.

Danube Centre

March Madness

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

Powerful Tools

FOR

Caregivers

A **FREE** Six-Week Workshop for Caregivers



"After taking this class I am a **more confident caregiver!**
Having tools to resolve problems is a definite advantage in becoming a happier, wiser, and healthier me... and a healthier us!"

DATES	Weekly (IN PERSON) Tuesday March 18, 2025
TIME	10:00am – 11:30am
LOCATION	Matthews House Hospice 131 Wellington Street E., Alliston, ON

Pre-registration is *required*, for more information:

Contact: Megan Rochford

(705) 434-7175,

Or at: mrochford@matthewshousehospice.ca,

Or online at www.healthy-living-now.ca

Matthews House Hospice Foundation
16th Annual

HIKE FOR HOSPICE



Sunday, May 4th, 2025

Our Hike for Hospice has raised over \$1,335,000 to date!

Why do we Hike? Everyone can join us...

- 🌍 To support Matthews House Hospice programs & services
- 🌍 In Honour or Memory of a loved one

Mardon Stables

2996 Concession Rd 7,
Loretto, ON

Check-In: 9:00 a.m.

Hike: 9:30 a.m.

Lunch: 10:45 a.m.

What's Planned?

- 3 Route Options**
- Complimentary Lunch**
- Kids Activities & Farm Animals**
- Live Entertainment & Firetruck**
- Virtual Reality Horse Driving**
- Vendors**

Register Today:

Matthews.House | 705-435-7218

Registration for all is required at no cost.

Media Sponsor

107.5KOO1FM **ROCK95** **Barrie 360**

Thank you to Bailey Creek Farms for hosting the trails for our Hike!

2025 Committee Members:

Elaine Balaka, Rosann Bertacco, Rosy Kennedy,
Georgina Legenza, Sabina Morell, Giulia Pincente

 **Matthews House
Hospice Foundation**

Down Memory Lane - Finish The Song Titles

Questions	Answers
1 Sentimental	:
2 Boogie Woogie Bugle	:
3 Ghost Riders in the	:
4 I'll Get By as Long as I Have	:
5 Till the end of	:
6 I Wonder Who's Kissing	:
7 I Love You For Sentimental	:
8 Don't Sit Under the	:
9 Ac-Cent-Tch-Ate the	:
10 A String of	:
11 Peg o' My	:
12 I Don't Want To Set The World	:
13 The Breeze and	:
14 Baby, it's Cold	:
15 Buttons and	:
16 A Tree in the	:
17 Open the Door,	:
18 Is You Is or Is You Ain't	:
19 Praise the Lord and Pass the	:
20 Into Each Life Some Rain Must	:

FREE SELF-MANAGEMENT WORKSHOPS

WOULD YOU LIKE TO FEEL BETTER AND DO MORE OF THE ACTIVITIES YOU ENJOY?

The "Healthy Living Now Workshop" teaches skills needed to help you manage the day to day challenges of living with a chronic health condition. The goal is to help you get the most out of life by learning effective strategies to break the "Cycle of Symptoms" such as fatigue, pain, depression, poor sleep, stress and anxiety. The workshop runs for 6 consecutive weeks for 2.5 hours and is led by trained leaders who themselves have a chronic disease.

The workshops are free and run in communities throughout the region. Caregivers support persons and family members are welcome.

SUBJECTS COVERED INCLUDE:

- Making an action plan
- Dealing with difficult emotions
- Stress management
- Getting better sleep
- Problem solving
- Fitness and exercise
- Healthy eating
- Communication skills
- Depression and positive thinking
- Managing chronic pain and fatigue

THE WORKSHOPS HAVE BEEN DEVELOPED BY STANFORD UNIVERSITY AND HAVE BEEN PROVEN TO SIGNIFICANTLY HELP PEOPLE LIVING WITH A CHRONIC DISEASE.



MATTHEWS HOUSE HOSPICE

131 Wellington St. E., Alliston

Weekly in Person Workshops

Thursdays

March 20th to April 24th, 2024

1:30pm-4:00pm

For more information or to register:

Contact: Megan Rochford at 705-434-7175

or at: mrochford@matthews.house,

or online at www.healthy-living-now.ca



AS PART OF
THE WORKSHOP
YOU WILL RECEIVE
A FREE BOOK

Answers

- 1 Journey (Doris Day)
 - 2 Boy (The Andrews Sisters)
 - 3 Sky (Peggy Lee)
 - 4 You (Harry James And His Orchestra)
 - 5 Time (Perry Como)
 - 6 Her Now (Bing Crosby)
 - 7 Reasons (Nat King Cole)
 - 8 Apple Tree (The Andrews Sisters)
 - 9 Positive (Bing Crosby and The Andrews Sisters)
 - 10 Pearls (Glenn Miller & His Orchestra)
 - 11 Heart (The Harmonicats)
 - 12 On Fire (Horace Heidt)
 - 13 I (Jimmy Dorsey)
 - 14 Outside (Margaret Whiting and Johnny Mercer)
 - 15 Bows (Dinah Shore)
 - 16 Meadow (Margaret Whiting)
 - 17 Richard! (Count Basie)
 - 18 My Baby (The Andrew Sisters)
 - 19 Ammunition (Frank Loesser)
 - 20 Fall (Ella Fitzgerald and The Ink Spots)
-

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

Happy Birthday!



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SCAN ME

I think this is Jan waving hello! Or ...goodbye?



WANTED

WIARTON WILLIE



Police are actively searching for Wiarton Willie after his bold prediction for an early spring turned out to be... less than accurate.

If spotted, approach with caution—he may try to go back into hiding.

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I have a few choice words for that pesky rodent!

-Edale



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EldenTM
 of Bradford

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

FRAGRANCE



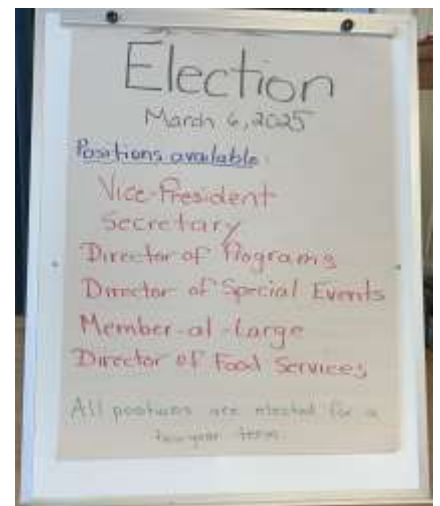
Got Em Winners

February 12

- Game 1 - Terry Lotto
- Game 2 - Olga Bishop
- Game 3 - Lynn Kanyo
- Game 4 - Terry Lotto
- Game 5 - Isobel Britain
- Game 6 - Jane Cuoco
- Game 7 - Elke Pitkin, Lynn Kanyo
- Game 8 - Cynthia Smith

February 26

- Game 1. Gladys F.
- Game 2. Lynn K.
- Game 3. Elke P.
- Game 4. Marie M.
- Game 5. Jane C.
- Game 6. Rose F.
- Game 7. Gladys F.
- Game 8. Mikki B.



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	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	1:00 pm Drop in with Library Every 1st & 3rd 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		
Feb.3	1 st 2 nd	Darcy E. Gerry F.	Feb.4	1 st 2 nd	Donnie C. Connie C.	Feb.13	1 st 2 nd	Rick M & Cheryl S Alwyn B..
Feb.10	1 st 2 nd	Bob E. Ursula w.	Feb.11	1 st 2 nd	Heather B. Heather W.	Feb.20	1 st 2 nd	Al W. Cynthia H.
Feb.17	1 st 2 nd	Neil E. Dianne F.	Feb.18	1 st 2 nd	Doug H. Heather W.	Feb.27	1 st 2 nd	Angelo D. Susan S.
Feb.24	1 st 2 nd	Neil E. Ursula W.	Feb.25	1 st 2 nd	Allan B. John F.		1 st 2 nd	