



Did you know we have a [Facebook page](https://www.facebook.com/BradfordSeniorsCentre/)? Check it out at [facebook.com/BradfordSeniorsCentre/](https://www.facebook.com/BradfordSeniorsCentre/)

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



Did you know the whole month of June is dedicated to celebrating the accomplishments of seniors? To show how much we appreciate their contributions in experience and time commitment; schools, hospitals, nursing homes, the list is much longer where seniors volunteering makes a tremendous difference. Look at our own centre. For more than 25 years it has been guided by seniors for seniors. Working together we have created a pretty wonderful place.

Wednesday, June 4 from 1:00 to 3:00 p.m. we are hosting a "Seniors Health and Wellness Fair". Over twenty companies and organizations are ready to answer all your questions.

Saturday, June 7 from 1:00 to 3:00 p.m. enjoy another one of our popular musical afternoons.

Thursday, June 19 starting at 11:30 a.m. we serve our "Canada Day Lunch"

Ham with Pineapple, choice of salads and the dessert will be something red and white in honour of Canada Day. Coffee and Tea. Please register for this event.

Speaking of lunches: "Lunch & Learn has been very popular. Usually Soup & Sandwich in the colder month and salad & sandwich in the summer. How about we include a wrap once in a while? Do you have a favourite combination? Let me know, I am open to suggestions.

Got 'Em has found a steady following of dedicated players. It's uncanny how often the same players win not only once but twice. Fate makes its own luck. June 11 and 25 will be the last afternoons we play before the summer break. We will start again in September.

We have received numerous requests to offer Bid Euchre in the afternoon. If you are an experienced player, someone in need of a refresher session or a beginner please sign up at the centre. We will try to accommodate all of you.

We had a wonderful Potluck Lunch last December. You asked and we promised to schedule another one. It's going to happen on August 21. Mark your calendar, you don't want to miss an opportunity to choose your lunch from 50+ different dishes.

We received an invitation from the Southlake Health Foundation to a special event celebrating the "Support of Community Partners". Do you know we have a 25-year history of supporting Southlake with sizeable donations? On June 11 they will unveil the new donor wall, and our name will be included.

Stay safe, Elke



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NOTICES

Summer program changes:

No Got 'Em July & August

No Drop in with the Library June, July & August

No Goldenaires June 3, July, & August

No Zumba June 23 & 30. Fitness class instead.

No Sunday Carpet Bowling

Woodshop: The shop will be closed ALL Mondays in July & August. It will be open on Thursdays from 9:00 am to 12 noon only.

All activities on June 4th are cancelled for the Seniors Health Fair.



How to access the new Bradford bus:

Phone call requests available. No smart phone? Call Argo Transit at (888) 401-8252 to request a ride. Each trips costs \$1.00.

All regularly-scheduled morning programming is cancelled for the mornings of Wednesday July 9 - August 13th inclusive, to make room for Officer Elisabeth's Police Academies. More information and pre-registration info coming soon.

Something New

When phoning the centre in future, you will be greeted by "Bradford Seniors Centre" instead of "Danube Seniors Centre". This makes us easier to find, especially for people new to Bradford who would automatically search for Bradford Seniors. Our Facebook page name will also reflect the change in name.

**Flyers in this issue include: Seniors Health & Wellness Event
Canada Day Seniors Month Theme Lunch.**



World Elder Abuse Awareness Day (WEAAD) June 15, see page 5 for more information.



Coffee with the Councillor

On May 1st, Councillor for Ward 2, Jonathan Scott, once again put himself on the line at a “Coffee with the Councillor” event at the Danube Centre.

To facilitate the discussion, BWGSA Vice-President, Jan Evans, had collected several questions in advance of the gathering, but constituents were also encouraged to stand and ask questions directly.

Several questions related to County and local governments: “strong mayor” powers, shrinking of the County Council, timelines of County and local road construction projects, improving traffic flow in certain areas of the town, the possibility of a new high school and maybe even a hospital. There was a question about regulating cat ownership to prevent further decimation of the songbird populations; one about the burnt-out hotel in the 400/88 commercial lands, and several about problems with residential construction projects within the town.

Councillor Scott did his best to answer all questions as completely and diplomatically as possible. (Full disclosure, he admitted that he is not a cat person, but is deeply committed to conservation and the environmental impacts of human activity).

At the end of the Q & A, one of the attendees summoned the new “Argo” transit bus for everyone to check out.

To find out how you can access the on-demand bus service, or for any other questions or concerns you might have, you can email Councillor Scott at: jscott@townofbwg.com

-Jan





Seniors Health & Wellness Fair



- Why:** To celebrate National Seniors Month
- Who:** Meet face to face with 12+ health care agencies
- When:** Wednesday, June 4th, 2025, 1:00 - 3:00 p.m.
- Where:** Danube Seniors Leisure Centre – 715 Simcoe Road,
Bradford.

For seniors and those who care for them, this is an excellent opportunity to learn more.

Questions? Contact the Danube at 905-775-0612

Chances to win some great door prizes!



WORLD ELDER ABUSE AWARENESS DAY

June 15, 2025



Elder Abuse
Prevention
Ontario

#BeBold
#AgeWithAttitude
#WEAAD2025

Be Bold : Age with Attitude

Read more at <https://eapon.ca/weaad/>

WORLD ELDER ABUSE
AWARENESS DAY
Be Bold - Age with Attitude

June 15
WORLD
ELDER ABUSE
AWARENESS
DAY

Preventing elder abuse starts with you and me,
TOGETHER we can build safer communities.

#BeBold #AgeWithAttitude #WEAAD2025

Background to WEAAD

Elder Abuse Prevention Ontario will join communities locally, regionally, nationally and across the world to heighten awareness of elder abuse. World Elder Abuse Awareness Day (WEAAD) focuses our attention on the need for all of us, to take responsibility in preventing elder abuse.



Danube Seniors Centre

905.775.0612

Seniors' Month

Canada Day Theme Lunch

Wear your best red & white

Thursday, June 19th at 11:30 a.m.

MENU

Ham and a variety of salads

Tea/Coffee/Dessert

\$15.00 per person

Tickets available in advance from June 5th

Door prizes

Tickets are non-transferable



Members in Good Standing only

Sit-to-Stand

The BBC recently reported that a good way to assess a senior's strength, balance and flexibility (crucial in preventing falls) is to count how many times an individual can rise to standing from a seated position within a 30-second time limit. Ready to try?

All you need is a chair with a straight back and no arm rests, and a stopwatch, timer or secondhand on an analog clock.

Sit close to the middle of the chair with your arms crossed in front and hands on opposite shoulders. Press the "Start" button on the timer and rise to a full standing position before sitting back down. Count how many times you can do this before time runs out.

Compare your result with the chart below.

If you find that you have room for improvement, the geriatricians suggest: - get up, stretch, and walk around your house a few times a day.

do some housework

do some seated exercises to build up leg strength. (the Danube Centre offers Chair Fitness Classes).

eventually, walk to the store instead of taking your car.

Average Sit-to-Stand Test Scores:

<u>Age</u>	<u>Average for men</u>	<u>Average for Women</u>
60-64	14	12
65-69	12	11
70-74	12	10
75-79	11	10
80-84	10	9
85-89	8	8
90-94	7	4

Submitted by Jan



Anagram Quiz

Rearrange letters to make another word!

Questions	Answers
1 Miles	:
2 Corset	:
3 Treads	:
4 Drawer	:
5 Earns	:
6 Baker	:
7 Claps	:
8 Skate	:
9 Beast	:
10 Cruel	:
11 Alert	:
12 Tears	:
13 Beard	:
14 Begin	:
15 Hares	:
16 There	:
17 Danger	:
18 Petal	:
19 Poles	:
20 Spare	:

Lunch 'N learn May 15, 2025

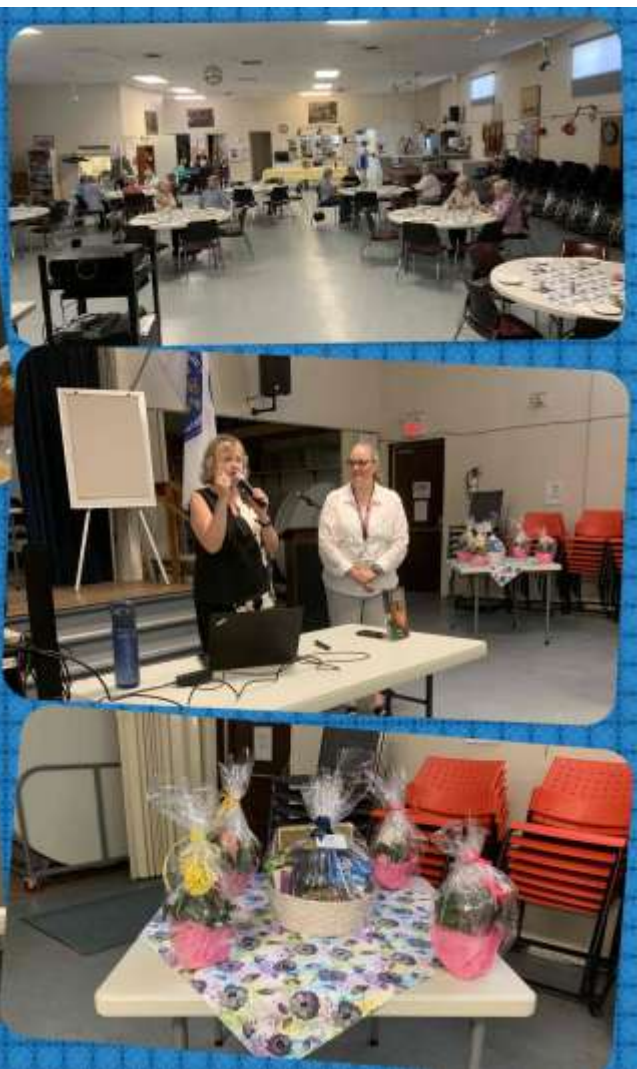
Today's workshop on healthcare in the community had 44 attendees. After speaking with many, they thought it was valuable information and well presented. Thank you, as always, to our amazing volunteers!

The door prize winners:

Doreen Pennell, Edale Levene, Deb Davidson, Alice Bellamy, Isobel Dahl.

-Linda







Danube volunteers
relaxing after the
"Lunch N' Learn" May
15, 2025

Answers

- 1 Smile
- 2 Escort
- 3 Stared
- 4 Reward
- 5 Snare
- 6 Brake
- 7 Scalp, Clasp
- 8 Takes, Stake, Steak
- 9 Beats
- 10 Ulcer
- 11 Later, Alter
- 12 Rates
- 13 Bread
- 14 Being, Binge
- 15 Share, Hears
- 16 Three
- 17 Gander
- 18 Plate
- 19 Slope
- 20 Spear



Fun Facts About Vanilla

- ◆ Pure Vanilla is second only to saffron in value.
- ◆ The vanilla plant is a variety of orchid, *vanilla planifolia*.
- ◆ Spanish and French explorers took vanilla back to Europe from Mexico.
- ◆ It could not be cultivated **anywhere they tried to grow it**, because the insect that pollinates it is only found in Mexico.
- ◆ Eventually, a slave on a plantation on the island of Réunion (a small island in the Indian Ocean near Madagascar) figured out how to successfully hand-pollinate the orchid.
- ◆ Now, about 80% of the world's vanilla comes from Madagascar, but it is still grown on a much smaller scale in Réunion, as well as in Guadeloupe and Tahiti.
- ◆ Vanillin gives vanilla its taste and smell. In the early 20th Century, a vanilla flavour substitute was derived from *castoreum*, a secretion from beaver scent glands located near the rear end of beavers.
- ◆ These days, artificial vanilla flavouring is mostly derived from synthetic vanillin, which is much cheaper and easier to produce than extracting castoreum. (Thank goodness!)
- ◆ It is almost impossible to tell the difference between cookies baked with pure vanilla and cookies baked with artificial vanilla, because trace elements in pure vanilla do not survive oven heat.

-Jan



Music for Moms

"Music in the Afternoon" just keeps getting better! On Saturday, May 10th, Laurie, Meade, Norm, Peter, Carol, Bob, Doug, and John presented a mixture of solo, duet and ensemble pieces for the appreciative audience who tapped, clapped, danced and sang along.

And Carol filled the gaps between musical numbers with killer jokes:

Q.: What sweets do astronauts' children like?

A.: Mars bars, of course!

Jazz, Blues, Country/Western (North American and Australian), Broadway, Pop, Spiritual, Parody, Protest, the 'Feminist Anthem' – there was something for everyone in the wide range of covers included.

At the end, the audience joined in the singing of "Happy Birthday" to Marilyn Reynolds who turned 90 yrs. old the following weekend.

"Music in the Afternoon" returns on **Saturday, June 7th** at 1:00 p.m., and will continue once a month throughout the summer.

- Jan

Italian National Day is on June 2nd

FACT FILE

By Golden Carers



Italy

OFFICIAL NAME	Repubblica Italiana <i>Italian Republic</i>
CAPITAL CITY	Rome
POPULATION	Over 60.5 million (2019)
LANGUAGE	Italian, although French and German are spoken in the far north
CURRENCY	Euro (previously Italian Lira)
GOVERNMENT	Democratic Republic
RELIGION	Mainly Christian
BORDERS WITH	France, Switzerland, Austria and Slovenia
NATIONAL DAY	June 2 (Festa della Repubblica)
FAMOUS ITALIANS	Julius Caesar <i>Politician</i> , Marco Polo <i>Explorer</i> , Christopher Columbus <i>Explorer</i> , Galileo <i>Astronomer</i> , Michelangelo <i>Painter</i> , Leonardo da Vinci <i>Painter</i> , Antonio Vivaldi <i>Composer</i> , Luciano Pavarotti <i>Opera singer</i> , Giorgio Armani <i>Stylist</i>
VOLCANOES	Europe's three active volcanoes, Etna, Stromboli, and Vesuvius are all located in Italy.
FAMOUS CAR BRANDS	Ferrari, Alfa Romeo, Fiat, Lamborghini and Maserati
FLAG	Three colors representing three virtues: Hope (green), Faith (white), and Charity (red).



LEARN ITALIAN

1 uno, 2 due, 3 tre, 4 quattro,
5 cinque, 6 sei, 7 sette, 8 otto,
9 nove, 10 dieci

Si Yes

No No

Per favour Please

Come sta? How are you?

Grazie Thank you

You're
welcome

Mi scusi Excuse me

Buongiorno Good morning

Buona sera Good evening

Buona notte Good night

Ciao Hello, Bye,
So long

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

Happy Birthday!



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Math Puzzle

	-	1	-		-7
+		+		+	
	+	8	÷		4
-		+		-	
	-	6	-		-4
-2		15		8	

 The missing values are the whole numbers between 1 and 9, each used only once. Remember that multiplication and division are performed before addition and subtraction.

**Got 'Em Results
May 14, 2025**

Games

- Ginette Kanyo
- Susan Colaluca
- Susan Colaluca
- Susan Colaluca, Heather Wilson
- Heather Wilson
- Lynn Kanyo
- Antonia Colaluca, Kevin Wilson
- Marie Mosley, Mikki Buckley

May 28

- Susan Colaluca
- Debbie Davidson
- Elke Pitkin
- Marie Mosley
- Susan Colaluca
- Ginette Kanyo
- Elke Pitkin
- Marie Mosley, Theresa Noble

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

FRAGRANCE



MATH PUZZLE ANSWER

3	-	1	-	9	-7
+		+		+	
2	+	8	÷	4	4
-		+		-	
7	-	6	-	5	-4
-2		15		8	

(with permission of The Curious Guide)

**This one bears repeating:
Originally submitted by Jan in
2020**

**LEMON PICKERS NEEDED IN
FLORIDA -- ONLY U.S.
CITIZENS OR LEGAL
IMMIGRANTS NEED APPLY!**

Sally Mulligan of Coral Springs, Florida, read an ad in the newspaper for one of the jobs that most Americans are not willing to do and decided to Apply. She submitted references to a Florida lemon grove, but seemed far too qualified for the job. She had a liberal arts degree from the University of Michigan, and a master's degree from Michigan State University. For a number of years, she had worked as a social worker, and also as a school teacher. At the interview, the foreman studied her application, frowned and said, "I see you are well-educated and have an impressive resume. However, I must ask whether you have any experience picking lemons?" "Well, as a matter of fact, I have," she said. "I've been divorced three times, owned two Fords, and voted for Trump". She started work the following day.

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	9:15 am Beginner Line Dancing	10:30 am Chair Fitness	11:45 am Book Club (<i>Bring your own lunch</i>) 1st Tuesday of the month On Hiatus June, July & August	1:00 pm Crazy Canasta	1:00 pm Goldenaires On Hiatus June, July & August	7:00 pm Bid Euchre
WEDNESDAY	9:00 am Tai Chi	10:30 am Ladies 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. On hiatus July/August	1:00 pm Drop in with the Library Every 1st & 3rd Wednesday On Hiatus June, July & August	1:00 pm Snooker Craft Group Bid Euchre
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 No Sunday bowling June, July & August			

Card Games Results

Bridge			Bid Euchre			Euchre		
May 12	1 st 2 nd	Sally P. Dianne F.	May 6 Cancelled	1 st 2 nd	–	May 1	1 st 2 nd	William S. Anne B.
May 26	1 st 2 nd	Fred P. Anne R.	May 13	1 st 2 nd	Heather W. Tony J.	May 8	1 st 2 nd	Pat A. Dobbil
	1 st 2 nd		May 20	1 st 2 nd	Tony J. Allan B.	May 15	1 st 2 nd	(Elke P. Rebecca) TIE Marilyn R.
	1 st 2 nd		May 27	1 st 2 nd	Donnie C. Allan B.	May 22	1 st 2 nd	Don J. Debbie D.
						May 29	1 st 2 nd	Wendy S. (Bill B, George M.) TIE