



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



Don't know if I can sleep tonight. Tomorrow is the start of my holidays.

Four days in Paris (including a cruise on the Seine). Then we hop on the high speed train to Avignon. This train reaches speeds of up to 320 km and covers the distance (689 km) in 2.5 hours. We will explore the South of France for another five days and continue along the Cote D'Azur to Nice and Monte Carlo. Should be quite an adventure. I will report back in the November Newsletter.

Now let's get to actual business: Did you enjoy the Heart to Home food tasting event? That chicken teriyaki was amazing. I wish I could have devoured one of those "Hearty Plates".

Thursday, October 16th starting at 10:30 am we will present another "Lunch & Learn". See the flyer for details. With the return of cooler weather the menu will be a hearty soup and sandwiches.

Wednesday, October 29th starting at 2:00 pm the " Relics" are back for another concert.

Got 'Em is scheduled for Wednesday, **October 8th and 22nd** starting at 1:00 pm. Come out and join the fun.

All the best, Elke



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NOTICES

CORRECTION

The number of Gwillies made by the Danube crafters is 1,486. Corrected from the September Newsletter.

The Relics are giving a free concert Wednesday, October 29th, at 2:00 pm.

Lunch & Learn: Thursday, October 16th at 10:30 am. The topic is Elder Abuse.

Savour Simcoe: Friday, November 7th, 2025. 11:30 – 1:30 pm.

The next **Music in the Afternoon** is on Saturday, November 8th, at 1:00 pm.

BWGSA would like to express its gratitude for the generous donations of coffee from **Real!’s No Frills** and **Bradford Food Basics**. Without this generosity, the cost of each cup would have doubled to \$1.00 at the Danube

The Danube will be closed on Thanksgiving October 13th.





Lunch & Learn

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

Thursday, October 16th, 2025

Prevention of elder abuse

LEARN ABOUT THE DIFFERENT TYPES OF ABUSE, RISK FACTORS AND
HOW YOU CAN SAFELY SUPPORT SOMEONE IN NEED

Presenter - Linda Ind

Certified Elder Abuse Prevention Education Facilitator

Certified in Mental Health First Aid for persons 65+

Certified PSW

\$10 pre-registration is required

Members in good standing only

**Questions? Call Danube Seniors Centre 905.775.0612 or
danubeseniors@rogers.com**

“Blast from the Past”

**L to R: Sylvia Luxton, First President
Elke Pitkin, Current President
Elaine Love, Past President**



Got 'em Results — September 24

Games:

1. Debbie Davidson
2. Kevin Wilson
3. Debbie Davidson
4. Debbie Davidson
5. Wally Agnihotri
6. Debbie Davidson
7. Rose French, Betty Collings
8. Susan Colaluca, Patricia Durkin





Heart to Home tasting—September 18

Great taste testing, 45 attendees enjoyed samples of tomato soup, chicken teriyaki and cauliflower with broccoli. This healthy food from Heart to Home has no additives and all items are Canadian! Winter is coming so remember it might be a good idea to have some in the fridge in case of bad weather and you can't get out to the store OR you just don't feel like cooking!

Thank you to our awesome volunteers and all totaled we have \$240 to donate to the food bank!

-Linda Ind



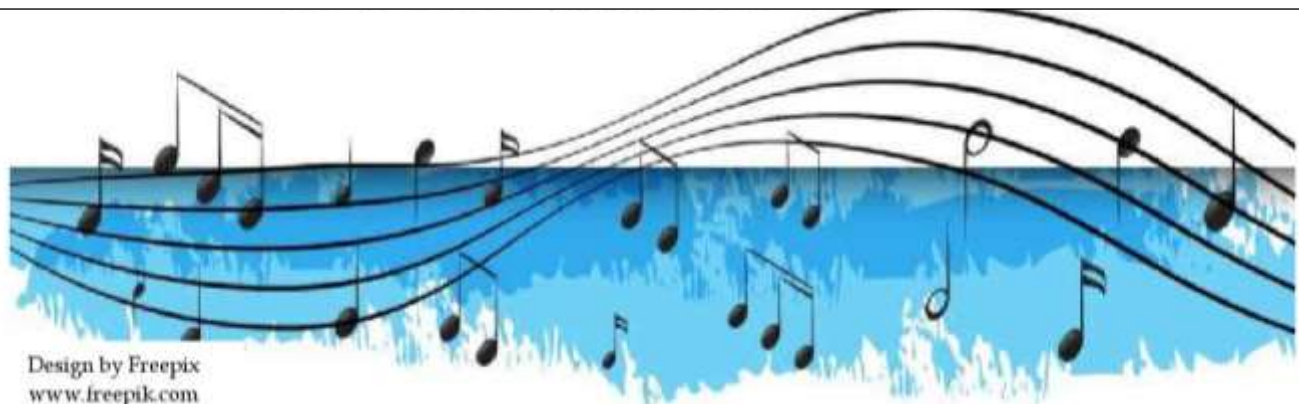




Free Concert Presentation

Wednesday, October 29, 2025 at 2:00 pm

Questions: 905.775.0612 or danubeseniors@rogers.com



PRINT OUT TO DO
THE MAZE.



**START
HERE**



**HAPPY
HALLOWEEN**

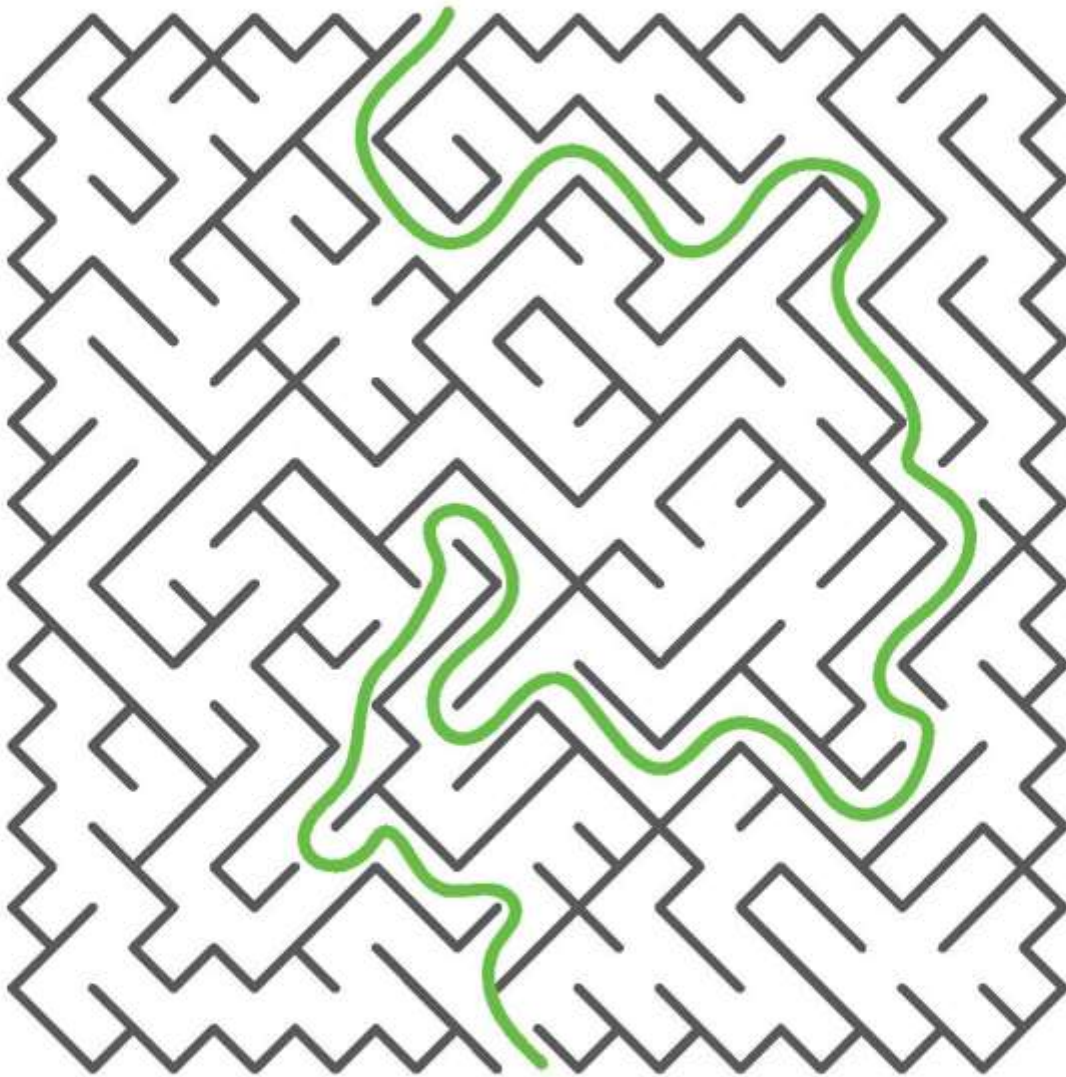


FINISH



SOLUTION

START



FINISH



HAPPY Thanksgiving

Word Scramble

ACUCIONPOR_____

BRCOTOE_____

BEELCARTE_____

RYTEUK LTPTRAE_____

GIIMRPL_____

PPNUMKI IPE_____

YFLAIM EGT REHTTEOG_____

DIHYLAO_____

VGAYR_____

YCBERRAERN CASEU_____

DSMEAH SPEOETTAO_____

VISFEESTITI_____

TGLAREFU_____

DCAORENBR_____

OCKO LAL YDA_____

HTATOBLLECE_____

OS LFUL !!_____

SFEAT_____

PELAP RCDIE_____

BGSSNLEI_____

NDRNEI BNSU_____

VGIE KHNAST_____

HBEWNISO_____

GSNTFUIF_____



Happy Thanksgiving

Word Scramble

ACUCIONPOR CORNUCOPIA

BRCOTOE OCTOBER

BEELCARTE CELEBRATE

RYTEUK LTPTRAE TURKEY PLATTER

GIIMRPL PILGRIM

PPNUMKI IPE PUMPKIN PIE

YFLAIM EGT REHTTEOG FAMILY GET TOGETHER

DIHYLAO HOLIDAY

VGAYR GRAVY

YCBERRAERN CASEU CRANBERRY SAUCE

DSMEAH SPEOETTAO MASHED POTATOES

VISFEESTITI FESTIVITIES

TGLAREFU GRATEFUL

DCAORENBR CORNBREAD

OCKO LAL YDA COOK ALL DAY

HTATOBLLECE TABLECLOTH

OS LFUL !! SO FULL!!

SFEAT FEAST

PELAP RCDIE APPLE CIDER

BGSSNLEI BLESSING

NDRNEI BNSU DINNER BUNS

VGIE KHNAST GIVE THANKS

HBEWNISO WISHBONE

GSNTFUIF STUFFING

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

Happy Birthday!



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*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.*



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Baby-Boomer Grandma

Anonymous

In the dim and distant past
When life's tempo wasn't so fast,
Grandma used to rock and knit,
Crochet, tat and baby sit.

When the kids were in a jam,
They could always call on Gran.
But today she's in the gym
Exercising to keep slim.

She's checking the web or surfing the net,
Sending some e-mail or placing a bet.
Nothing seems to stop or block her,
Now that Grandma's off her rocking-chair.

Trivia Quiz Compound Words

Compound words are made up of two smaller words, such as hayloft or watchtower. Identify the one word that follows each of these words to make a compound word.

1. Mocking, jail, humming, blue
2. Cheese, wash, table, face
3. Birth, coble, mile, tomb
4. Street, box, side, motor
5. Dog, drift, fire, Holly
6. Dough, hazel, pea, chest
7. Eye, fibre, hour, wine
8. Lady, bed, litter, shutter
9. Face, fork, chair, shop, up
10. Trouble, pace, match
11. Bread, chop, lip, match, slap
12. Back, junk, lumber, school
13. Cubby, fox, man, pigeon
14. Boom, home, shanty, down
15. Jelly, shell, gold, cat




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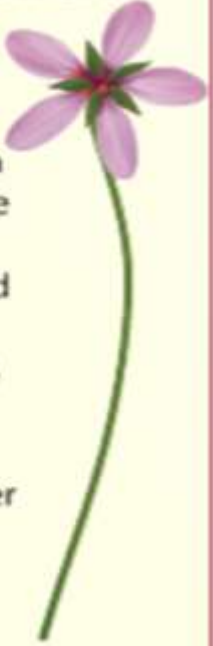
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NOTICE

Fragrance Free Building

Perfumes, Aftershaves and other scented beauty products may cause allergic reactions. Please avoid wearing scented personal products when attending the Danube Centre

Trivia Quiz
Compound Words
Answers



1. Bird
2. Cloth
3. Stone
4. Car
5. Wood
6. Nut
7. Glass
8. Bug
9. Lift
10. Maker
11. Stick
12. Yard
13. Hole
14. Town
15. Fish

(Permission of The Curious Guide)

Got 'Em Results September 10

Game 1: Debbie Davidson, Elke Pitkin

Game 2: Deb Kearns

Game 3: Debbie Davidson

Game 4: Jane Cuoco

Game 5: Jane Cuoco, Elke Pitkin

Game 6: Cynthia Haffner

Game 7: Elfi Wagner

Game 8: Cynthia Haffner

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	1:00 pm Crazy Canasta	1:00 pm Goldenaires	7:00 pm Bid Euchre
WEDNESDAY	9:15 am Tai Chi	10:30 am Ladies Snooker	1:00 pm "Got'Em" Every 2nd & 4th Wednesday	1:00 pm Bid Euchre Every 1st & 3rd Wednesday	1:00 pm Snooker	
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		
Sept. 8	1 st 2 nd	Sally P. Fred P.		Sept. 9	1 st 2 nd	Heather W. John F.		Sept. 4	1 st 2 nd	John Bruce F.
Sept.15	1 st 2 nd	Fred P. Ursula W.		Sept.16	1 st 2 nd	Connie C. Donnie C.		Sept. 10	1 st 2 nd	Margaret (Lois Bruce F.)
Sept. 22	1 st 2 nd	Fred P. S ally P.		Sept. 23	1 st 2 nd	Sue L. Heather W.		Sept.18	1 st 2 nd	Al W. Sandy C.
Sept. 29	1 st 2 nd	Sally P. Carol C.			1 st 2 nd			Sept. 25	1 st 2 nd	Rebecca B. Angelo D.