



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



In last month's newsletter I promised to report back on my holidays in France. Paris is a beautiful city. So much to see and explore. I was completely blown away by the incredible "Palace of Versailles". An architectural wonder, a symbol of royal opulence and grandeur. The hall of mirrors is a stunning, sparkling example of French artistry. There are 357 Venetian Mirrors and 3000 candles. Lit up they would create a magical wonderland. There is so much more to admire.

To build this palace today would cost a cool 2 Billion \$ US.

I loved the small villages scattered through the Provence region. Avignon has so many historical stories to tell. Nice is gorgeous. The Mediterranean Sea a stunning turquoise blue and the colourful, pastel buildings a complement to the view. Given a chance, I would go back in a heartbeat.

Friday, November 7th starting at 11:30 am "Savour Simcoe" is back.

A wonderful opportunity to find out if Retirement lunches and dinners are to your liking. Important, if you contemplate a move into one of the participating residences in the near future. As of today this event is sold out. There are usually some cancellations. Add your name to the waiting list and have a chance to join us. Don't forget: **no early arrivals**. Doors open at 11:30 sharp.

At the wreath-laying ceremony honouring Remembrance Day at the Bradford Legion, the Danube Centre will be represented this year by Ann Spalding and myself. Lest We Forget.

Wednesday, November 19th starting at 10:30 am we have a very special presentation by K-9 Country Inn Service Dogs. This should be a wonderful experience for all of us. I have often wondered: How do they train these dogs? Do they pick a specific puppy from the litter? Do they look for certain traits? Come on out, bring a friend and have an enjoyable morning!

Thursday, November 20th starting at 11:30 am we have a lunch to "Celebrate Fall". Our famous "Hash Brown Potato Casserole" is on the menu. Pre-registration and payment required.

Now a little preview to 2026.

We will start Line Dancing on Wednesday nights, from 7:00pm-8:00pm., beginning on January 14th

—All the best Elke



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NOTICES

Please be advised that as a result of a recent board meeting, phone reservations cannot be accepted for events at the Danube. A sign-up sheet will be provided at the center and payment is required at the time of registration. Thank you!

No Tai Chi on November 7.

Chair Yoga on November 6 at 10:30 instead of Fitness

No Tai Chi or Yoga on November 7.

Friday, November 7th *"Savour Simcoe"*

\$5 with registration for the food bank.

from 11:30 – 1:30

"Be there or be Square!"

Wednesday, November 19, K-9 Country Dogs at 10:30

Celebrate Fall Luncheon on

Thursday, November 20 – Tickets must be paid for in advance with registration

Bradfordtoday has an article on the Danube Centre, specifically on our Music Afternoon. Click [here](#) to read it.



International Seniors Day Pancake Brunch



7th Annual - what a crowd and so much fun - 93 people in attendance enjoying music from Dave the Piano Man (Thank you to The Elden). Pancakes/Sausages and fruit were provided. (Thank you to Holland Gardens). Thanks also to the South Simcoe Police for helping to serve. His worship, Mayor Leduc and Councillor Jonathan Scott were in attendance to speak and best of all, we were able to donate over \$700 to the Bradford Food Bank. (Including today and our August potluck event). As always, thank you to all of our wonderful volunteers, including Councillor Peter Ferragine , who arrived early and helped to set up for the event.

Winners:

Door Prizes: Anna Costanza, Violet Mizzoni, Fiona Anderson, Virginia McFadden and Leila Lloyd

Share the Wealth: Jim Sears, Sven Poulsen, Pat Allen

—Linda

Happy 80th birthday to Flori Mackie!



Photos continue on page 5

Danube Centre

"Celebrate Fall" Luncheon

November 20, 2025

11:30 – 1:00 pm

Menu

Ham, Potatoes, Vegetables

Dessert, Tea & Coffee

Tickets \$15 in advance available at
the centre.

No phone reservations, members in good
standing only - Tickets non-transferable.

Ticket sales start November 3, 2025









Celebrate New Year's Eve at the Danube Centre

6 - 10 p.m., Wednesday, December 31st.

Potluck Dinner

Games, Music, Dancing

No Alcohol brought in or served

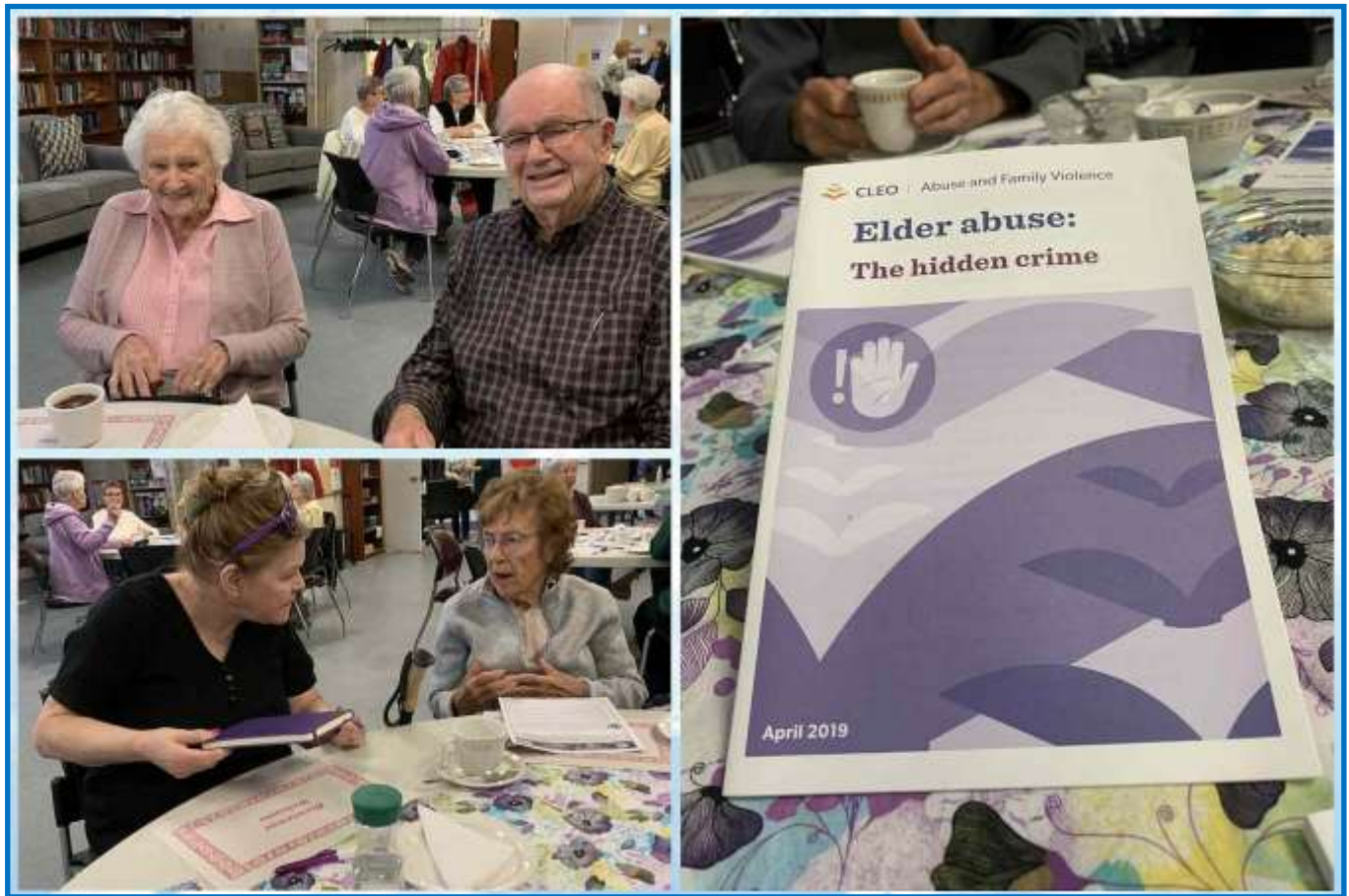
Cover Charge: \$10 (cash or cheque only)

**Pre-registration & Payment required
from November 12th.**

Signup sheet at the Danube

Danube Seniors Centre

715 Simcoe Rd., Bradford ON L3Z 4B4



Lunch & learn October 16 – Elder Abuse

Linda Ind, The Danube’s Director of Special Events, presented an informative review on elder abuse on October 16 at the centre. Linda is fully qualified to speak on this subject as a certified Elder Abuse Prevention Educator. The flyer for this event lists Linda’s other qualifications relating to this event.

There are many different kinds of abuse, we learned to recognize how a person may be abused and what is the best thing to do to help. A number of slides were used in the presentation and some are presented here. (You may need to zoom in to read them). 27 members attended plus 9 volunteers. Linda Ind is available to speak with anyone who may need advice or more information. Please contact Linda, in confidence at linda_ind_8@sympatico.ca.

-Edale



More on the next page.

Signal For Help



- If you see someone use the Signal for Help, check in with the person safely to find out what they need and want you to do.
- If you or someone you know is in immediate danger, call 911 or your local emergency services (police, fire, ambulance).

Safety Planning

It is important to protect your personal documents and think about what to do in case of an emergency. You may want to consider putting together an emergency kit to include:

- Emergency phone number
- Cash/ Extra clothing/ glasses/ hearing aides/ assisted devices
- List of medications with at least 3 days worth and pharmacy phone number
- Copies of important documents/ Identification/ SIN/ Passport/ health card/ house key/ banking information
- Above all, identify a SAFE PLACE TO GO IN and OUTSIDE OF THE HOUSE as well as an ESCAPE ROUTE.

Resources – finding help

**Imminent
Danger 911**



211 Ontario 211

Seniors' INFO line 1-888-910-1999

Elder Abuse Prevention ON 416-916-6728

www.eapon.ca

Prevention of Senior Abuse Network Simcoe County

www.psan-sc.ca

Prevention of Elder Abuse Committee of York Region www.elderabuse-yorkregion.ca

CHATS-Community & Home Assistance to Seniors
(Caregiver Support Team) 1-877-452-4287

www.chats.on.ca

Additional Resources:

Ontario Caregiver Helpline 1-833-416-2273
Law Society Referral Service 1-855-947-5255
Legal Aid Ontario 1-800-668-8258

Seniors Safety Line 1-866-299-1011

Ontario Crime Stoppers 1-800-222-8477
South Simcoe Police (Wellness Check) 905-775-3311
OPP Alliston 705-434-1939
York Regional Police 905-830-0303 ext. 6697
Victim Support Line 1-888-579-2888





Photos provided by Monika S.

Tricky math Questions:

1. Using only addition, add eight 8s to get the number 1,000
2. I add six to eleven, and get five. Why is this correct?
3. What single digit appears most frequently between and including the numbers 1 and 1,000?

See next page for answers (Credit: Readers Digest)

Riddles:

- **There's a one-story house where everything is yellow. The walls are yellow. The doors are yellow. All the furniture is yellow. The house has yellow beds and yellow couches. What color are the stairs?**
There are no stairs—it's a one-story house!
- **A girl fell off a 20-foot ladder. She wasn't hurt. How?**
She fell off the bottom step.
- **Grandpa went out for a walk, and it started to rain. He didn't bring an umbrella or a hat. His clothes got soaked, but not a hair on his head was wet. How is this possible?**
Grandpa's bald.
- **In a race, you pass the person in second place. What place are you in now?**
Second place.

1. Answer: $888 + 88 + 8 + 8 + 8 = 1,000$. This is the kind of math riddle you can work out with times tables, or by simple logic. First, get as close to 1,000 as you can (888). From there, it's easy to figure out the rest.

2. Answer: Tricky, tricky! You have to think more broadly. Here's a hint: Think about the [numbers on a clock](#). When it is 11 a.m., adding six hours makes it 5 p.m.

3. Answer: The most common digit is 1! Did you figure out why? Every number from 1 to 9 appears exactly the same number of times in every 10 numbers. But because we included the number 1,000, there's an extra occurrence of the number 1. In total, the number 1 appears 301 times, and every other number appears 300 times.

Jokes:

My friend said to me, "Do you want to hear a really good Batman impression!?"

I said, "Go on, then."

He shouted, "NOT THE KRYPTONITE!"

I said, "That's Superman."

He said, "Thanks man, I've been practicing a lot."

A police officer approaches a driver's window and says: "Your tail light is broken, your tires are bald, and your bumper hangs halfway down. That will be \$300 dollars."

Driver: "Alright, go head. They want twice as much at the garage."

My girlfriend said, "You act like a detective too much. I want to split up."

"Good idea," I replied. "We can cover more ground that way."

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse I found one elderly gentleman, already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

"I don't know" he said. "She's still upstairs in the bathroom changing out of her hospital gown."

Always find a reason to laugh - it may not add years to your life but will surely add life to your years.

I've reached an age where my train of thought often leaves the station without me

(Golden Carers)





Wednesday, November 19th, 2025

All members welcome to attend this fascinating
look at the world of Service Dogs.

Light refreshments will be served.

Questions? Call 905.775.0612 or danubeseniors@rogers.com

K-9 Country Inn Service Dogs

You will meet some of the different breeds of dog
and learn about:

- Understanding Service, Emotional Support and Therapy Dogs
- Who Has a Service Dog
- Do you qualify for a Service Dog

And much, much more!



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715 Simcoe Rd, Bradford, ON L3Z 2A6

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

Happy Birthday!



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9. Integrity
10. Love 

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.



"Full House"

Not one empty chair for the popular Chair Fitness

Not just another Tuesday morning.

ICYMI (= in case you missed it), **32** people attended the Tuesday, October 7th Chair Fitness class! We think it's a record -- though possibly not of Guinness quality.

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NOTICE

Fragrance Free Building

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

Got 'Em Results
 October 8, 2025

Game 1. Elfi Wagner

2. Susan Simurda
3. Elfi Wagner, Olga Bishop, Dianne Watson, Susan Simurda
4. Nancy Wagner
5. Debbie Davidson. Lynda Hampson, Elfi Wagner, Bill Bishop
6. Jane Cuoco
7. Lynn Kanyo
8. Bill Bishop

October 22, 2025

Game 1. Bill Bishop

2. Theresa Noble
3. Elke Pitkin
4. Bill Bishop
5. Bill Bishop
6. Betty Collings
7. Wally Agnihotri
8. Ginette Kanyo, Sara Mollo



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	1:00 pm Pool		

Card Games Results

Bridge			Bid Euchre			Euchre		
Oct. 6	1 st 2 nd	Fred P. Debbie w.	Oct. 21	1 st 2 nd	Allan B. Connie C.	Oct. 2	1 st 2 nd	Angelo D. Kevin W.
Oct. 20	1 st 2 nd	Dianne F. Ursula W.		1 st 2 nd		Oct. 9	1 st 2 nd	Al W. Pat A.
Oct. 27	1 st 2 nd	June G. Elfi W.		1 st 2 nd		Oct. 23	1 st 2 nd	Janet B. (Wendy S. Al W.)
	1 st 2 nd			1 st 2 nd			1 st 2 nd	