



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](http://bradfordseniors.ca) Email: [danubeseniors@rogers.com](mailto:danubeseniors@rogers.com)

## Presidents Message



It's the time of year we get the Christmas lights out of storage. Unfortunately my trusted, 20 year old icicle lights had to go into retirement. Too many lights stopped working. As replacement I bought two 50' (15m) reels with 200 multicoloured lights.

Next step: Testing. They all lit up and looked beautiful. I arranged them in perfect looking arches on my fence. Deja vu, just like last year a 10' length refused to cooperate. Well, what can you do? Take everything down, go to the store, get an exchange and do it all over again. I am pretty sure these light will not last 20 years.

On November 19th the K-9 Country Inn Service Dogs visited the centre. These dogs are selected when the puppies are just a few weeks old. Their training is on going for two years. We listened to individuals telling us about the incredible difference a service dog has made to their Quality of life, their emotional and physical well being.

What an education for all of us.

**We celebrated Fall on November 20<sup>th</sup>.** Since I am part of the cooking crew, I probably shouldn't brag about this meal. What can I say: The ham was incredible, the potato casserole amazing. Wilma cooked the vegetables to perfection and the dessert wasn't too bad either. Overall a real success.

**Saturday, December 6<sup>th</sup>** "Music in the Afternoon" 1:00 to 3:00pm . Come out and enjoy a wonderful seasonal concert.

**Thursday, December 18<sup>th</sup>** starting at 11:30 we will celebrate the holidays with our famous "Christmas Pot Luck". My favourite meal of the year.

**Wednesday, December 31<sup>st</sup>** let's celebrate the New Year with a bang! See the flyer in this newsletter. A few tickets are still available.

To all of you: Happy Holidays, Merry Christmas and a Healthy New Year.

--Elke



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# NOTICES

## Coming up in December:

**Potluck Lunch: Thursday, December 18**

Signup from December 1<sup>st</sup>.

## **New year's Eve Party:**



on Wednesday  
December 31<sup>st</sup>,  
(of course)!

## Community Meal December 12.

**Signup at Holland Gardens by phone from December 1 only.** See flyer on page 4 for more information.

**The Danube Centre will close at 3:00 pm on December 19 for Christmas and re-open on January 5<sup>th</sup> at 9:00 am to welcome 2026.**

**Thursday, January 15, 2026. First Lunch & Learn of 2026** is a presentation from the CRA for the over 65s to learn about the benefits and credits that are available for our age group.

The next **Musical Afternoon** is Dec 6, Seasonal Music and Sing-a-longs.

**AGM:** Scheduled for Thursday, March 5<sup>th</sup>, 2026, 10:00 a.m.

**Bid Euchre** now at 6:30 pm on Tuesdays.

## **Let us entertain you!**

**Bold & Brilliant Where Talent Shines.** Save the date for this upcoming variety show coming to the Danube Seniors Leisure Centre on **February 25<sup>th</sup>, 2026...you don't want to miss this!**



"THE BEST RELATIONSHIP ISN'T WITH THE PERFECT PERSON, BUT WITH SOMEONE WHO HAS LEARNED AND IS LEARNING TO LIVE AS INTERESTINGLY AND BEAUTIFULLY AS POSSIBLE. NOTICE OTHER PEOPLE'S SHORTCOMINGS... BUT ALSO ADMIRE AND PRAISE





**Sign up at the Danube from December 1, 2025**

# **Christmas Potluck**

**Bring a dish to share**

**December  
18**

**11:30  
a.m.**

**Danube  
Centre**





## ENTRY

\$5 donation to  
The Bradford  
Food Bank

# You're Invited to our Community Christmas Lunch!

Get into the holiday spirit and join us for a beautiful lunch  
at the Danube provided by Malone's Pint House.

A reminder that RSVP's officially open on December 1st. We kindly ask  
that no responses be sent prior to that date. Only individual telephone  
RSVPs will be accepted. Multiple names left on voicemail will not suffice.

Thank you for your cooperation.

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Please RSVP to Melissa Mckee from Holland Gardens at (905) 775-6020

*Friday December 12th - Doors open at 11:30 a.m.*

Holland Gardens Retirement Residence

**Call (905) 775-6020**

552 Holland St. West. Bradford, ON L3Z 4H3

Visit us online at [VerveSeniorLiving.com](http://VerveSeniorLiving.com)



**Christmas Theme with lots of Sing-a-Longs!**



**Danube Seniors Centre**  
**Music in the Afternoon**

**Saturday, December 6th**

**1:00 – 3:00 p.m.**

Come out to listen and/or Sing-along with  
Doug, Meade, Joe, Laurie, Carol, Peter,  
Bob, Janice, and Norm.

Questions? Call the  
Danube Centre at  
905.775.0612







## A Politically Correct Christmas

~ Anon

'Twas the night before Christmas and Santa's a wreck...

How to live in a world that's politically correct?  
His workers no longer would answer to "Elves",

"Vertically Challenged" they were calling themselves.

And labor conditions at the North Pole,  
were alleged by the union, to stifle the soul.

Four reindeer had vanished without much propriety,  
released to the wilds, by the Humane Society.

And equal employment had made it quite clear,  
that Santa had better not use just reindeer.

So Dancer and Donner, Comet and Cupid,  
were replaced with 4 pigs, and you know that looked stupid!

The runners had been removed from his beautiful sleigh,  
because the ruts were deemed dangerous by the EPA,  
And millions of people were calling the Cops,  
when they heard sled noises upon their roof tops.  
Second-hand smoke from his pipe, had his workers quite  
frightened, and his fur trimmed red suit was called  
"unenlightened".

To show you the strangeness of today's ebbs and flows,  
Rudolf was suing over unauthorized use of his nose.  
He went to Geraldo, in front of the Nation,  
demanding millions in over-due workers compensation.

So...half of the reindeer were gone, and his wife  
who suddenly said she'd had enough of this life,  
joined a self help group, packed and left in a whiz,  
demanding from now on that her title was Ms.

And as for gifts...why, he'd never had the notion  
that making a choice could cause such commotion.  
Nothing of leather, nothing of fur...

Which meant nothing for him or nothing for her.  
Nothing to aim, Nothing to shoot,  
Nothing that clamored or made lots of noise.  
Nothing for just girls and nothing for just boys.  
Nothing that claimed to be gender specific,  
Nothing that's warlike or non-pacifistic.

No candy or sweets...they were bad for the tooth.  
Nothing that seemed to embellish upon the truth.  
And fairy tales...while not yet forbidden,  
were like Ken and Barbie, better off hidden,  
for they raised the hackles of those psychological,  
who claimed the only good gift was one ecological.

No baseball, no football...someone might get hurt,  
besides - playing sports exposed kids to dirt.

Dolls were said to be sexist and should be passe.  
and Nintendo would rot your entire brain away.

So Santa just stood there, disheveled and perplexed,  
he just couldn't figure out what to do next?  
He tried to be merry he tried to be gay,  
but you must have to admit he was having a very bad day.  
His sack was quite empty, it was flat on the ground,  
nothing fully acceptable was anywhere to be found.

Something special was needed, a gift that he might,  
give to us all, without angering the left or the right.

A gift that would satisfy - with no indecision,  
each group of people in every religion.

Every race, every hue,  
everyone, everywhere...even you!

So here is that gift, it's price beyond worth...

**"May you and your loved ones enjoy peace on Earth."**

## Christmas Puns

- ✦ Santa's elves are just a bunch of subordinate Clauses.
- ✦ The moment you stop believing in Santa is when you start getting clothes for Christmas.
- ✦ You don't like these puns? They literally sleighed everyone at work.
- ✦ I've got a bad case of resting Grinch face.
- ✦ There's nothing I want more this Christmas than your presents.
- ✦ This Christmas feast is so massive, I'm holding on for my deer life.
- ✦ Do you think that's the worst of it? There's myrrh. Yule be sorry if you don't attend my Christmas party this year.
- ✦ Line up, kids, cause I'm about to make it rein.
- ✦ With family and friends gathered around, I'm feeling a little extra Santa-mental.
- ✦ I'm a rebel without a Claus.
- ✦ I wanted to Spruce things up this year, so I bought a bigger tree.
- ✦ All this holiday cheer has me feeling pine.
- ✦ I'm feeling the holiday cheer fir sure.
- ✦ Line up to get your food – you snow the drill.
- ✦ That sly smile on your face has me thinking you're up to snow good.
- ✦ This weather is so chilly, it's snow joke.
- ✦ I hate to have the last laugh but I told you snow.
- ✦ The food isn't ready yet? Oh, say it ain't snow.
- ✦ Snow thanks, I've had enough roast for one night.
- ✦ You look so beautiful this evening. I only have ice for you.
- ✦ I didn't think this party would be such a drag, I'm snow bored.
- ✦ It takes one to snow one.

[\(https://icebreakerideas.com/christmas-puns/\)](https://icebreakerideas.com/christmas-puns/)

# **Celebrate New Year's Eve at the Danube Centre**

**6 - 10 p.m., Wednesday, December 31<sup>st</sup>.**

**Potluck Dinner**

**Games, Music, Dancing**

**No Alcohol brought in or served**

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

**Pre-registration & Payment required  
from November 12<sup>th</sup>.**

**Signup sheet at the Danube**

**Danube Seniors Centre**

**715 Simcoe Rd., Bradford ON L3Z 4B4**



## *Savour Simcoe November 7<sup>th</sup>, 2025*

Everyone had a great time at the Savour Simcoe event.

The food samples were tasty and enjoyed by everyone, and there was information available at each station for those thinking about moving to a Retirement Home. There were also door prizes generously donated by Holland Gardens.











## K-9 Country Inn Service Dogs

*On November 19th, 28 individuals participated in a session to gain knowledge about Service Dogs and Guide Dogs. Laurie and her team provided exceptional education on recognizing the distinctions, identifying a legitimate service dog, as well as the associated costs and care.*

*-Linda*

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***\*\*A late addition to the Newsletter, apropos a snow warning as of November 28th.***

***Check this video out from 2007:***

***<https://youtu.be/8vmMz73F5uA?si=oPlSisgA-sGgQJIJ>***



## Celebrate Fall Luncheon—November 20, 2025



Great event today, everyone loved the food as usual, corny jokes and word searches. There were 54 people in total, fortunately, the weather was good.

Winners of the door prizes were Dianne Watson and Janet Boyko.

Share the Wealth winners were Kevin Wilson, Dianne Watson and and Kerstin Calderon. Thank you to everyone who attended and all of the volunteers for another successful event!

- Linda





*November 20<sup>th</sup> Luncheon Photos submitted by Monika S. (and one of a lovely dog from the K-9 presentation)*

### **Shirley Temple**

"I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph."

### **Victor Borge**

"Santa Claus had the right idea. Visit people only once a year."

### **Bernard Manning**

"I once bought my kids a set of batteries for Christmas with a note on it saying, toys not included."

### **Matt Groening**

"Aren't we forgetting the true meaning of Christmas. You know, the birth of Santa?"

### **Julius Sharpe**

"The office Christmas party is a great opportunity to catch up with people you haven't seen for 20 minutes."



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

*Happy Birthday!*



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**Math Puzzle**

	+		+	7	16
+		+		+	
	X	2	+		24
+		-		÷	
8	X		-		5
21		6		9	

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.



(Courtesy of The Curious Guide)

#### Got 'Em Results November 12, 2025

##### Games:

1. Elke Pitkin
2. Marie Mosley, Elfi Wagner
3. Elke Pitkin
4. Nancy Wagner
5. Patricia Durkin
6. Nancy Wagner
7. Elke Pitkin
8. Debbie Kearns

#### Got 'Em Results November 26, 2025

##### Games:

1. Marie Mosley
2. Jane Cuoco
3. Debbie Davidson
4. Dianne Watson
5. Elfi Wagner
6. Paolo Agresti
7. Elke Pitkin
8. Debbie Davidson



  
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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

MATH PUZZLE ANSWER					
4	+	5	+	7	16
+		+		+	
9	X	2	+	6	24
+		-		÷	
8	X	1	-	3	5
21		6		9	

### Some reassuring advice for the aging

Many diseases are not diseases, but normal aging. The director of a Beijing hospital gave these pieces of advice to the elderly :

You are not sick, you are getting old. Many conditions which you think are diseases are not diseases, but signals that the body is aging.

1. Poor memory is not Alzheimer's disease, but a self-protection mechanism of the elderly brain. This is the brain getting old, not a disease. If you just forget where you put your keys, but you can find them yourself, it is NOT dementia.

2. Walking slowly and having unsteady legs and feet is not paralysis, but muscle degeneration. The solution is NOT to take medicine, but to move.

3. Insomnia is not a disease but the brain is adjusting its rhythm. It is a change in sleep structure. Don't take sleeping pills indiscriminately. Long-term dependence on sleeping pills and other drugs to fall asleep will increase the risk of falls, cognitive impairment, etc. The best sleeping pill for the elderly is to get more sun during the day and maintain a regular schedule.

4. Body aches are not rheumatism, but a normal reaction to nerve aging.

5. Many elderly people say: My arms and legs hurt everywhere. Is it rheumatism or bone hyperplasia? Bones do become loose and thin, but 99% of 'body pain' is not a disease, but a slow nerve conduction, which amplifies the pain. This is called central sensitization, a common physiological change in the elderly. Exercise is the cure rather than taking medicine.

## Danube Activity Schedule

<b>MONDAY</b>	<b>9:00 am</b> Woodshop	<b>9:15 am</b> Scrapbooking	<b>10:30 am</b> Zumba Gold	<b>1:00 pm</b> Bridge Snooker Mah Jong		
<b>TUESDAY</b>	<b>9:15 am</b> Beginner Line Dancing	<b>10:30 am</b> Chair Fitness	<b>11:45 am</b> Book Club <i>(Bring your own lunch)</i> <b>1<sup>st</sup> Tuesday of the month</b>	<b>1:00 pm</b> Crazy Canasta	<b>1:00 pm</b> Goldenaires	<b>6:30 pm</b> Bid Euchre
<b>WEDNESDAY</b>	<b>9:00 am</b> Tai Chi	<b>1:00 pm</b> "Got'Em"  <b>Every 2nd &amp; 4th Wednesday</b>	<b>1:00 pm</b> Bid Euchre  <b>Every 1st &amp; 3rd Wednesday</b>	<b>1:00 pm</b> Snooker		
<b>THURSDAY</b>	<b>9:00 am</b> Woodshop	<b>10:00 am</b> Quilting Group <b>Reconvenes Spring 2026</b>	<b>10:30 am</b> Regular Fitness	<b>1:30 pm</b> Regular Euchre		
<b>FRIDAY</b>	<b>9:00 am</b> Tai Chi	<b>10:30 am</b> Chair Yoga	<b>1 :00 pm</b> Carpet Bowling			

## Card Games Results

Bridge			Bid Euchre			Euchre		
<b>Nov.3</b>	1 <sup>st</sup> 2 <sup>nd</sup>	June G. Fred P.	<b>Nov. 4</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Heather W. Doug H.	<b>Nov. 6</b>	1 <sup>st</sup> 2 <sup>nd</sup>	(William S Wendy S.) Bruce F.
<b>Nov.10</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Neil E. Anne R.	<b>Nov.11</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Doug H. John F.	<b>Nov.13</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Jim S. John F.
<b>Nov.17</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Sally P. Bob E.	<b>Nov.18</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Donnie C. Allan B.	<b>Nov. 20</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Earl M. Ginette K.
<b>Nov. 24</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Neil E. Rosemary S.	<b>Nov. 25</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Doug H. Heather W.	<b>Nov. 27</b>	1 <sup>st</sup> 2 <sup>nd</sup>	Marilyn J. Debbie D.