

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)

## President's Message

Last Sunday I spent a lovely day with my daughter's family. Going home I witnessed the most stunning sunset. The western sky was every shade of pink. I felt really good until I received a text message:



“Hi there, you left your wallet at the house”. Now, over the years I have forgotten various items like slippers (not important), glasses (I have spares), phone chargers (Walmart has them). A wallet is a different story. Health card, drivers license and all the other items needed on a daily basis are in mine. Sure, my wallet was safe. But it made me think what a nightmare it would be to replace all these documents. Maybe I should streamline the content or a novel idea, “just be more careful “

Our Annual General Meeting and Election of Officers was held on March 5th with just over 40 members in attendance. Slightly more than in 2025 but still only about 10% of the general membership. Thank you Jonathan Evans for volunteering to be our MC for these proceedings. Reports were presented by the Vice President, Treasurer, Director of Programs and Director of Special Events. The Constitution Committee presented a motion to increase the number of Members-at-Large from two to three, which was approved and carried by the membership.

Election results:

- President: Elke Pitkin , acclaimed
- Vice President: Wanda Thomas, acclaimed
- Treasurer: Ann Spalding, acclaimed
- Director of Facilities: Mike Agosta, acclaimed
- Member-at-Large: Debbie Davidson, re-elected

### Upcoming Events:

**Saturday, April 11th “ Music in the Afternoon“ 1:00-3:00 pm. Come on out and listen to guitars, fiddle, harmonica and more.**

**Thursday April 16th we will celebrate “Spring into Spring” Lunch Starting at 11:30 am. The menu is: Lasagna, Caesar Salad, Dessert, Coffee and Tea. Pre-Registration required.**

**Wednesday, April 29th, Something a little different, a “Spring Dance” The “Relics” will provide the music. More information in this newsletter.**

That's all for today. -Elke



**President**

Elke Pitkin

**1st Vice- President**

Jan Evans

**2nd Vice-President**

Wanda Thomas

**Secretary**

Susan Simurda

**Treasurer**

Ann Spalding

**Director of Programs**

Edale Levene

**Director of Special Events**

Linda Ind

**Director of Facilities**

Mike Agosta

**Director of Food**

**Services**

Vacant

**Members-at-Large**

Deb Davidson

Lynda Usher

**Past President**

Elaine Love

**Newsletter Editor**

Edale Levene

**Contributing Editor**

Jan Evans

**Website & Facebook Page**

Neil MacNaughton



**The centre is  
CLOSED on April 3,  
Good Friday.**

**We are OPEN on April 6,  
Easter Monday.**

**Wednesday, April 29, the  
Relics are playing at the  
Spring dance, 1:00 pm.**

“Jan Evans was surprised with a Random Act of Kindness gift by BradfordToday's Gary Assis”. Click [here](#) to read the article in BradfordToday. More photos on page 5.

**Are You Registered to  
Vote? Here's How to Check:**

Go to the [bradfordtoday.ca](http://bradfordtoday.ca) website click on “More” on the menu, scroll down and click on “check voting status”, to confirm if you are registered for this coming November's municipal and provincial election.

**- Boutique -**

There will be a Spring sale of 50% off all items during the month of April. Also, we are

now accepting spring/ summer clothing donations, no more fall/ winter clothing. Thank you!

**Calling all Crafters!  
October 24**

Tables available at \$20 for a 5' table. Email the Danube at [danubeseniors@rogers.com](mailto:danubeseniors@rogers.com).

**Attention: Debbie** in the subject line.

**Attention Prospective  
Danube Gardeners**

There is a limited number of garden spaces available for the 2026 growing season. If you are interested please call the centre, (905.775.0612) and leave a message for Jan Evans before April 6<sup>th</sup>, 2026.

**Music in the Afternoon**

--Spring Version will take place on Saturday, April 11<sup>th</sup> at 1:00 p.m.

**Spring is Sprung Lunch—April  
16th. Tickets available from  
APRIL 6th.**

# AGM March 5, 2026



2025-2026 Administration Board  
 President: Elke Pitkin  
 1st Vice-President: Joe Evans  
 2nd Vice-President: Wanda Thomas  
 Treasurer: Ann Spalding  
 Secretary: Susan Simurda  
 Director of Facilities: Mike Aspada  
 Director of Food Services: Unfilled  
 Director of Programs: Edale Levene  
 Director of Special Events: Linda Lind  
 Member-at-Large: Debbie Davidson  
 Past Presidents: Elaine Love

**On March 5, during the AGM,** Jan was surprised when a representative from Village Media, (Bradford Today), presented her with a large bouquet of beautiful flowers along with gift certificates.

*“We all have the potential to uplift our community and make Bradford a better place. Kindness is contagious - it has a ripple effect. Sharing stories of acts of kindness can inspire others to perform their own.”*

Jan was nominated for this award and most deservedly won. Congratulations Jan!



## **Hello" from Muriel!**

Look who could be found in the Painting Room at the Holland Gardens Retirement Home Open House on Saturday, March 7<sup>th</sup>! If you look closely, you will see the very cute pink flamingos that this former Danube member and other residents were creating. Lovely to see you, Muriel!



# 3<sup>rd</sup> Annual Sip & Support Event

In support of Elspeth Heyworth Centre for Women, The Town of Bradford West Gwillimbury who was a sponsor of the event, invited Elke Pitkin and Linda Ind from the Danube Seniors Leisure Centre to attend along with our Mayor James Leduc. In celebration of International Women's Day 2026 the theme was "Together, We All Thrive". With all of the dignitaries, great food and speakers, we learned that the Elspeth Heyworth Centre for Woman has saved many women from domestic violence and youth at risk of human trafficking. Two very brave women spoke about their journey and how the Centre supported them and basically changed their lives for the positive. It was a very enlightening afternoon and we were grateful to be able to attend.



- Linda

\*\*\*\*\*

## Jokes

Patient: "Doctor, you have to help me, I think I can see in the future."

Doctor: "When did it start?" Patient: "Next Friday."

What do Alexander the Great and Winnie the Pooh have in common?

They have the same middle name.

What do you call bears with no ears? B-

A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising."

She said, "So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."

I told my physical therapist I broke my arm in two places.- *He told me to stop going to those places.*

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard. After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

What do you call the wife of a hippie? *Mississippi.*

Did you hear the watermelon joke? *It's pitiful.*

A woman in labour suddenly shouts, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!"

The doctor said, "Don't worry, those are just contractions."

How do you keep a bagel from getting away? *Put lox on it.*

How does the moon cut his hair? *Eclipse it.*

What do lawyers wear to court? *Lawsuits.*

Pastry chefs know that old age crepes up on you. You know you're getting older when you have a party and the neighbors don't realize it.

Why do seagulls fly over the sea? *If they flew over the bay, they would be bagels.*

What do you call it when Batman skips church? *Christian Bale.*

*I didn't say they were good jokes!*



**“The Bold and Beautiful” wrap-up pizza party photos including the students who performed in the Connecting Generations skits.**



**Spring Wreaths**

So what do you do with your front door when the Christmas wreath is back hanging in the basement?



basement?

You create a spring wreath, of course!

Members gathered on Friday, March 20th for a wreath-making workshop run by Wendy Smith. Wendy was here last fall for a Christmas wreath-making workshop and kindly agreed to help us create spring decorations for our front entrances. As Wendy says, "Every wreath is a unique expression of its creator."

Thanks, Wendy, for sharing your expertise with us!

-Jan

# The Danube Seniors Centre

is having a spring dance on  
Wednesday, April 29, at 1:00 pm  
This event is OPEN to all Seniors in  
BWG



Music

provided by

**"The Relics"**

A \$5 donation to the Food Bank will be gratefully accepted; Pre-registrations appreciated in person (715 Simcoe Rd., Bradford); or by phone (905-775-0612) or email ([bradfordseniors@rogers.com](mailto:bradfordseniors@rogers.com)).

Get up off the couch. Dance and  
you'll feel better!



## Music Afternoon March 14, 2026

From “Barratt’s Privateers” to “The Unicorn Song,” by way of “Wild Colonial Boy”, “Seven Old Ladies Locked in the Lavatory”, “When Irish Eyes are Smiling”, “There’s Whiskey in the Jar”, and “Black Velvet Band”, not to mention “Danny Boy”, “My Wild Irish Rose”, and “Plain Old Country Boy”, and perhaps in spite of the “Ode to the Haggis”, there was a lot of toe-tapping, clapping, and singing along with the musicians at “Music in the Afternoon—Celtic Version” on Saturday, March 14<sup>th</sup>. Carol told a few killer jokes and Meade chimed in with a few of his own (“Tree Fellers Wanted” comes to mind).

**The next Music in the Afternoon --Spring Version will take place on Saturday, April 11<sup>th</sup> at 1:00 p.m.**

Hope to see you there!

-Jan





### Got 'Em Results March 11

#### Games:

1. Emilio Colaluca , Deb Kearns
2. Wally Aghihotri, Susan Simurda
3. Deb Davidson, Dorothy Austin
4. Elfi Wagner
5. Mikki Buckley
6. Susan Simurda
7. Debbie Davidson
8. Bill Bishop

### Got 'Em Results March 25

#### Games:

1. Susan Simurda
2. Jackie Preston
3. Sandy Madill
4. Ann Foster, Debbiy Davidson
5. Mike Agosta
6. Mikki Buckley, Jackie Preston
7. Robert Hughes
8. Dorothy Austin

## Lunch & Learn March 19, 2026

We had 64 attendees, everyone was very grateful for the information and as always amazing food.

As discussed, it is very important to keep your medications up to date on your File of Life. If you want to fill one out online and print, here is the link: [File of Life - Simcoe County](#)

Thank you to all of the volunteers for their assistance.

-Linda



Danube Seniors Centre

# Spring is Sprung

Date: Thursday, April 16<sup>th</sup>, 2026

TIME: 11:30 A.M.

## MENU

LASAGNA & CAESAR SALAD

DESSERT

COFFEE AND TEA

\$15 per person tickets must be paid for in advance

From April 6<sup>th</sup>

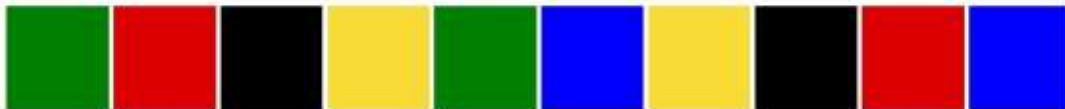
- Non-transferable - members only in good standing -

Door prizes provided by The Elden and Holland Gardens

# Creative Thinking Exercises

## Colour

**Step 1:** Read aloud the colour below as fast as you can.



**Step 2:** Now, read as fast as you can the colours of the words; not the words, but the colours the words are shown e.g. the first word is 'green', and so on.

red

green

blue

orange

black

blue

yellow

gray

red

Pink

Bus

## How are the following objects related?

You will have to be creative and think outside the box.



Potatoes



Shoes



Canon



Gears

Answers on Page 19



# YEAR END PROGRAMS ANALYSIS

Average attendance

PROGRAM	2023	2024	2025	
Bid Euchre	20	9	8	
Bridge	12	7	11	
Canasta	10	6	8	
Carpet Bowling	11	12	11	
<b>Chair Fitness</b>	<b>17</b>	<b>20</b>	<b>25</b>	
<b>Chair Yoga</b>	<b>18</b>	<b>20</b>	<b>27</b>	
Euchre	19	24	23	
Fitness	15	18	17	
Got'Em	0	18	18	
Goldenaires	19	20	20	
Line Dancing	19	X	16	
Mah Jongg	0	7	10	
Mixed Games	7	5	X	
Pool	3	4	5	
Quilters	4	3	4	
Scrapbooking	5	5	5	
Tai Chi	6	8	8	
Walking Club	4	2	X	
Woodshop	5	6	6	
Zumba	25	13	12	

## Health and the Human Body

Question	Answer
1 What are the four main blood groups?	:
2 What is the body's largest muscle?	:
3 Bikrim is what form of discipline?	:
4 "Delts" for short - which group of triangle-shaped muscles stabilize your shoulders and help you move your arms around?	:
5 What athlete famously declared his strategy to be the following nature-full phrase? "Float like a butterfly, sting like a bee."	:
6 What is the longest, strongest bone in the body?	:
7 What is the body's largest joint?	:
8 How many racing lanes are in an Olympic swimming pool? (Excluding warm-up and practice lanes).	:
9 Who starred in the 80s workout video series, "Sweatin' to the Oldies," as well as his own television workout show?	:
10 Fitness instructors Bob Harper and Jillian Michaels are best known for their work on which TV series which ran on NBC from 2004 to 2016?	:
11 How many bones in the skull?	:
12 How many times do you blink in a minute on average?	:
13 How many meters long is an Olympic-sized swimming pool?	:
14 Which Greek word starting with the letter "A" refers to the wasting away and weakening of muscle?	:
15 What are the longest cells in the body?	:
16 In 1982, whose original workout video became the highest selling VHS of all time, selling over 17 million copies?	:
17 What is the name of the "feel good" hormones that get released by your nervous system?	:
18 The late, great Olivia Newton-John wore full '80s workout gear, including leotard, sweatband, and tights, in the music video for what hit 1981 song?	:
19 Where is 99% of the body's calcium?	:
20 What is the hardest material in the body?	:

Answers on next page

## Answer

- 1 A, B, AB, O
  - 2 Gluteus maximus
  - 3 Yoga
  - 4 Deltoids
  - 5 Muhammad Ali
  - 6 Femur
  - 7 Knee
  - 8 8
  - 9 Richard Simmons
  - 10 The Biggest Loser
  - 11 22
  - 12 15
  - 13 50m
  - 14 Atrophy
  - 15 Nerve cells
  - 16 Jane Fonda
  - 17 Endorphins
  - 18 Physical
  - 19 Bones and teeth
  - 20 Enamel
-



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Happy Birthday to all our members  
having a birthday this month!



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get-well wish goes out to everyone feeling under the  
weather and hoping you will  
be well very soon.*



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**Sayings meaning "excellent" from  
the 20s**

"The Bee's Knees", "The Cat's Pajamas"  
"tip-top," "top-notch, "hotsy-totsy".



**Questions and Answers from CARP**

**Q:** Where can single men over the age of 70 find  
younger women who are interested in them?

**A:** Try a bookstore, under Fiction

**Q:** How can you increase the heart rate of your over-  
70-year-old husband?

**A:** Tell him you're pregnant.

**Q:** How can you avoid that terrible curse of the  
elderly wrinkles?

**A:** Take off your glasses.

**Q:** Why should 70-plus year-old people use valet  
parking?

**A:** Valets don't forget where they park your car.

**Q:** Is it common for a 70-plus year old to have  
problems with short term memory storage?

**A:** Storing memory is not a problem. Retrieving it is  
the problem.

**Q:** As people age, do they sleep more soundly?

**A:** Yes, but usually in the afternoon.

**Q:** Where should 70-plus year old's look for  
eyeglasses?

**A:** On their foreheads.

**Q:** What is the most common remark made by 70-  
plus year old's when they enter antique stores?

**A:** "Gosh, I remember these!"

**SMILE, you've still got your sense of humour,  
haven't you?**



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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

### Answers

**How are the following objects related?**

Potato has Eyes,

The Shoes have Tongues

Canons have Mouths,

Gears have Teeth.

(Golden Carers)

### Jigsaw Puzzle

A jigsaw puzzle will be available on a table in the hall for anyone who'd like to sit down and find a few pieces. This is a new activity, suggested by members.



### Jokes

When you're 20 and you drop something, you pick it up.  
When you're 80 and you drop something, you decide you don't need it anymore.

What did the [football coach](#) say to the broken vending machine?

Give me my quarterback.

Why did the man get fired from the orange juice factory?  
Lack of concentration.

1. You know you're getting old when you can't walk past a bathroom without thinking, "I may as well go while I'm here..."
2. The good thing about having a bad memory is that jokes can be funny more than once.

# Danube Activity Schedule

<b>MONDAY</b>	9:00 am Woodshop	9:15 am Scrapbooking	10:30 am Zumba Gold	1:00 pm Bridge Snooker Mah Jong		
<b>TUESDAY</b>	9:15 am Beginner Line Dancing	10:30 am Chair Fitness	1:00 pm Crazy Canasta	1:00 pm Goldenaires	6:30 pm Bid Euchre	
<b>WEDNESDAY</b>	9:00 am Tai Chi	10:30 am Chair Yoga	1:00 pm "Got 'Em" Every 2nd & 4th Wednesday	1:00 pm Bid Euchre Every 1st & 3rd Wednesday	1:00 pm Snooker	7:00 pm Beginner Line Dancing
<b>THURSDAY</b>	9:00 am Woodshop	9:30 am Regular Fitness	10:30 am Chair Fitness	1:30 pm Regular Euchre		
<b>FRIDAY</b>	9:00 am Tai Chi	10:30 am Chair Yoga	1:00 pm Carpet Bowling			

## Card Games Results

Bridge			Bid Euchre			Euchre		
March 2	1 <sup>st</sup> 2 <sup>nd</sup>	Frank G. Rosemary S.	March 3	1 <sup>st</sup> 2 <sup>nd</sup>	Allan B. Sue L.	March 5	1 <sup>st</sup> 2 <sup>nd</sup>	Debbie Frank G., Pat A.
March 9	1 <sup>st</sup> 2 <sup>nd</sup>	Frank G. Neil E.	March 17	1 <sup>st</sup> 2 <sup>nd</sup>	Doug H. Allan B.	March 12	1 <sup>st</sup> 2 <sup>nd</sup>	Pat A. Connie C.
March 16	1 <sup>st</sup> 2 <sup>nd</sup>	Sally P. Dianne F.	March 24	1 <sup>st</sup> 2 <sup>nd</sup>	Heather W. Doug H.	March 19	1 <sup>st</sup> 2 <sup>nd</sup>	Frank G. Cynthia H.
March 23	1 <sup>st</sup> 2 <sup>nd</sup>	Frank G. Rosemary S.		1 <sup>st</sup> 2 <sup>nd</sup>		March 26	1 <sup>st</sup> 2 <sup>nd</sup>	Sheila Jon J., Susan P.
March 30	1 <sup>st</sup> 2 <sup>nd</sup>	Sally P. Frank G.		1 <sup>st</sup> 2 <sup>nd</sup>			1 <sup>st</sup> 2 <sup>nd</sup>	