



Issue 225

May 2026

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



What a spring we have! What spring? Most days it's too uncomfortable to work in the garden. This morning I looked out the window and saw this green sheen on some of my flower beds. My faithful, self seeding, multicoloured Cosmos were beating the cold and emerging by the thousands. 90% of them I have to weed out, the rest will fill my garden with gorgeous colour and serves as food for the yellow finches in the fall.

Announcement: I am so happy to welcome Pat Allen to the Administration Board. Pat has agreed to be our Member-at-Large for the remainder of this term. For some time she has been part of the Lunch cleanup crew, helping with the Gwillies for Carrot Fest and was an integral part in organizing our wonderful New Years Eve party. She is an avid Euchre player and holds the record for most points. (96)

As our newest board member Pat volunteered to be the "The Get Well and Sympathy" card sender for the club. Please inform us by phone or email when these cards are needed.

Our "Spring has Sprung" lunch on April 16th had 64 attendees. The smiles on your faces and the comments I heard tell me it was another successful event.

Everyone attending our first Wednesday Afternoon Dance on April 29 had a great time. We have to do it again.

Saturday, May 9, another Musical Afternoon starting at 1:00 pm

Thursday, May 21, we will host our next Lunch and Learn. The theme will be "RETIREMENT LIVING vs. LONG TERM CARE" presented by Holland Garden and the Elden. They also provide the refreshments. Pre registration and payment required. For more information, please refer to the flyer in this newsletter.

Good News: **POLICE ACADEMY** will be back in July. It's an amazing program, fun, interesting and educational.

A note to all our Volunteers: A big Thank You from all of us. We can't do the job without you.

Stay safe - Elke





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NOTICES

Thank you to the members who responded to the newsletter and Sunday announcements: all **garden plots** at the Danube Centre have been allocated for the 2026 growing season.

Volunteer opportunity:

As summer approaches and our regular volunteers take a well-deserved break, we are looking for one or two members who would be willing to train as back-up office workers for when the regular volunteers are away. The shifts are 9am - 12 noon or 12 noon - 3:00p.m., Monday to Friday.

If this sounds like something you would be willing/able to do (sometimes on short notice), please leave your name and phone number at the office (or call 905-775-0612 and ask for Jan Evans, or email danubeseniors@rogers.com Attention: Jan Evans).



Attention Walkers!

One of our newer members has asked if we could revitalize our Walking Group which has been dormant for a few months. If you would be interested in a morning walk once a week (or more, depending on interest), please contact the Centre as soon as possible and have your name added to the list. Walkers could meet at the Danube Centre at 9:00 a.m. on Tuesday or Thursday morning. (905-775-0612 or danubeseniors@rogers.com)

Omitted from April's Newsletter:

The photos on page 10 taken at the Lunch and Learn should have been credited to Michael Owen/BradfordToday.

*Spring is sprung
Da grass is riz
I wonder where
dem boidies iz
Da little boids
is on da wing
Ain't dat absoid
Da little wings is on
da boids.*

- Anon



Spring has Sprung April 16, 2026

Yet another successful event, we had 54 attend plus 11 volunteers. Everyone loved the food as always and a little bit of education around "Actively Aging:". There was a takeaway pamphlet with Home Safety Tips, why and how to move your body and several exercises from basic to intermediate level. Each person made sure that they grabbed one on their way out.

Door prize winners:

Lynn Kanyo, Marie Wood, Susan Colaluca and Antonia Colaluca

Share the Wealth winners:

Ken Clarke, Ruth Brooks and Honey Derry

Thank you as always to our volunteers for their help!

- Linda



Monika and Sven having fun at the 'Spring has Sprung' Lunch on April 16.

Front Desk Ladies - Elaine, Edna and Wanda on April 16.







Lunch & Learn

Retirement Living

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

Thursday, May 21, 2026

\$10 payment required at time of registration. Sign-in at the Danube Centre

(No phone registrations, members in good standing only)

You will learn about:

- Difference between retirement/LTC
- When is the right time to move
- Emotions before the move
- Retirement is a new chapter - NOT A SLOW DOWN

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Music Afternoon April 11, 2026

On Saturday, Apr. 11th, Tiny Tim (a.k.a. Meade Helman), accompanied by Carol Belanger on the ukulele, opened the afternoon of music with one of his best-known spring songs, “Tiptoe Through the Tulips”. (The anonymous member who requested the song was delighted!).

As usual, each of the musicians performed songs of their own choosing, from pop to blues to country to songs of faith and original compositions, providing background music for each other’s performances.

After a short break, Carol introduced the sing-along songs in a thematic progression starting with “Who’ll Stop the Rain”, followed by “Here Comes the Sun”, “I Can See Clearly Now”, “Countin’ Flowers on the Wall”, and “Lord, It’s Hard to Be Humble”.

There is such a depth of talent among the musicians who perform for us! The next music in the afternoon is scheduled for **Saturday, May 9th at 1:00 p.m.**

–Jan



Spring Dance

From “Calendar Girl” to “Good Old Rock and Roll”, the Danube Centre was Rockin’ and Rollin’ for two solid hours on the fifth Wednesday afternoon of April.

The dance floor was never empty as “The Relics” (Laurie, Norm and Peter, with Duncan on sound) wowed the crowd with a perfect playlist for waltzing, twisting, line dancing (Thanks, Marilyn!), monkeying, and everything in-between.

In addition to the great dancing, we collected \$180 for the Food Bank — and maybe a few muscles we forgot about.

Mark your calendars now for the next 5th Wednesday of the month, July 29th, when “The Relics” will be back for a Summer Dance.

- Jan





Did you see the quote on the back of Jan's Tee-shirt?

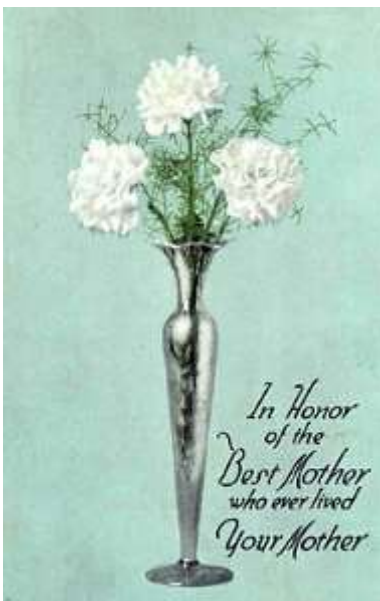
“If the music's too loud

You're too old!”





Origin of Mothers Day: Anna Jarvis campaigned for a national holiday to honor her mother, culminating in a 1914 declaration by President Woodrow Wilson.



Northern Pacific Railway postcard for Mother's Day 1916.

The United Kingdom celebrates Mother's Day on the Fourth Sunday in Lent (15 March 2026). In the United Kingdom, the holiday has its roots in the religious Mothering Sunday celebration and was originally unrelated to the international Mother's Day holiday. Most historians believe that Mothering Sunday evolved from a medieval practice of visiting one's mother church annually on Laetare Sunday.

Solve The Riddles #3

Put your brainpower to work and solve these mind-bending riddles!

Question	Answer
1 What can you hold without touching?	:
2 Always in you, Sometimes on you; If I surround you, I can kill you.	:
3 You're in a dark room with a candle, a camping stove, and a gas lamp. You have only one match. Which do you light first?	:
4 A cowboy booked into a hotel on Sunday. He stayed two nights and rode back home on Sunday. How is this possible?	:
5 I can be cracked, I can be made, I can be told, and I can be played	:
6 Re-arrange the letters, O O U S W T D N E J R, to spell just one word. What is it?	:
7 What starts with the letter T, is filled with T, and ends in T?	:
8 How can you leave a room with two legs and return with six legs?	:
9 If you drop a yellow hat in the Red Sea, what does it become?	:
10 Throw away the outside and cook the inside, then eat the outside and throw away the inside	:
11 I have no feet, no hands, no wings, but I climb to the sky. What am I?	:
12 Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?	:
13 This invention is still used in some parts of the world today to allow people to see through walls. What is it?	:
14 You can find it in Mercury, Earth, Jupiter, but not Venus or Neptune.	:
15 What can point in every direction but can't reach a destination by itself?	:
16 I have six faces but I do not wear makeup. I have twenty-one eyes, but cannot see. What am I?	:
17 Samuel was out for a walk when it started to rain. He did not have an umbrella and he wasn't wearing a hat. His clothes were soaked, yet not a single hair on his head got wet. How could this happen?	:
18 Before Mount Everest was discovered, what was the highest mountain on Earth?	:
19 How do you make the number 7 an even number without addition, subtraction, multiplication or division?	:
20 What 5 letter word typed in all capital letters can be read the same upside down?	:

Answer

- 1 Your breath
 - 2 Water
 - 3 The match
 - 4 The horse was named Sunday
 - 5 A joke
 - 6 Just One Word
 - 7 A teapot
 - 8 Bring a chair back with you.
 - 9 Wet
 - 10 Corn
 - 11 Smoke
 - 12 There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy and Mr. and Mrs. Mustard.
 - 13 A window
 - 14 The letter R
 - 15 Your finger
 - 16 A die (dice)
 - 17 Samuel is bald!
 - 18 Mount Everest
 - 19 Drop the 'S'
 - 20 SWIMS
-



Thinking about retirement living?

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



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Tea Cards

Many of us have fond memories of those figurines that came in every package of Red Rose Tea. From 1959 to 1975 (before the figurines, which first appeared in 1967), Red Rose inserted collectible tea cards each with a picture on the reverse side. There were at least 17 themes represented in the cards, 48 cards in each collection. The most popular series included Songbirds of North America, Animals of North America, Wild Flowers, Tropica Birds, Transportation, Dinosaurs, and Space Age. Many of us enjoyed collecting the cards and trading duplicates with friends.



(Credit: Emily-Jane Hills Orford / The Curious Guide)

<http://emilyjanebooks.ca/>

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.



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Math Puzzle

	-	2	-		-7
X		-		+	
	+		+		16
+		+		X	
	+	8	-	3	14
14		6			27

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.



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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

1	-	2	-	6	-7
X		-		+	
5	+	4	+	7	16
+		+		X	
9	+	8	-	3	14
14		6		27	

(Thanks to The Curious Guide)

Got 'Em Results April 8th

1. Dorothy Austin
2. Dorothy Austin
3. Marie Mosley
4. Frank Glover
5. Jane Cuoco
6. Bill Bishop, Olga Bishop, Elke Pitkin
7. Frank Glover
8. Elfi Wagner, Dorothy Austin

April 22 Results

1. Bob Hughes, Debbie Davidson
2. Frank Glover
3. Bob Hughes
4. 4. Maria Agresti
5. Betty Collins
6. Betty Collins
7. Elke Pitkin
8. Susan Simurda

Got 'Em

12	27	40	58	69
2	18	37	52	61
11	16	30	46	63
1	21	31	47	72
15	20	33	60	68

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	1:00 pm Crazy Canasta	1:00 pm Goldenaires	6:30 pm Bid Euchre	
WEDNESDAY	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
THURSDAY	9:00 am Woodshop	9:15 am Quilters	9:30 am Regular Fitness	10:30 am Chair 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		
April 6	1 st 2 nd	Neil E. Elfi W.	Apr. 7	1 st 2 nd	Doug H. Heather W.	April 2	1 st 2 nd	Kevin W. John H.
Apr. 13	1 st 2 nd	Elfi W. Frank G.	Apr. 21	1 st 2 nd	Allan B. Connie C.	Apr 9	1 st 2 nd	Pat A. Marg M.
?	1 st 2 nd	Frank G. Fred P.	Apr. 28	1 st 2 nd	Allan B. Tony J.	Apr. 16	1 st 2 nd	Vicky B. Earl M.
	1 st 2 nd			1 st 2 nd		Apr. 23	1 st 2 nd	Connie C. Frank G.
						Apr. 30	1 st 2 nd	Don J. Marilyn R.