

President's Message



Quite often I start my message with a little personal anecdote. Not today. Instead I'd like to share with you what happens to all those loonies we collect every time you attend a program. We are proud to announce we were able to support five local organizations with a donation of \$1,000 each.

They are:

Southlake POGO (Pediatric Oncology Group of Ontario)

Chats (Wellness Program, Adult Day Program)

Blue Door Shelter

WOW Living (Out of the cold Cafe, Clothing Room)

LOFT

All of them do incredible work within our community.

Some 72 attendees enjoyed the "Senior Day" lunch on June 18th. All your positive comments are very much appreciated.

A record crowd attended the last "Got 'Em" before the summer break. I was one of the lucky winners. Looking forward to September 9th when it all starts again.

Saturday, July 11 " Music in the Afternoon " 1:00 to 3:00 pm. Everyone is welcome.

Thursday, July 16th we present our next Lunch and Learn. The theme is: **FIT MIND, BODY & SOUL**. Pre-registration and payment required. Join us for an educational, interactive session on brain health. Learn how to make mind, body and soul work together to improve your well being and quality of life.

Wednesday, July 29th starting at 1:00 am "The Relics" will provide the music for an afternoon dance.

HAPPY CANADA DAY

Stay safe —Elke



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Edale Levene

Contributing Editor

Jan Evans

Website & Facebook Page

Neil MacNaughton

A riddle provided by William
Silvey:

What do you go for, eventually
take, but never
move your body?

See P.20 for the solution.

NOTICES

July 6-No Zumba

July 7-No Line Dancing

July 8-No Line Dancing 7:00 pm

**Police Academy-July14, 21 &
28 12:30-3 pm**

No Got 'Em July and August

Bid Euchre every Wednesday
afternoon at 1:00 pm. If you don't
know how to play, we will teach
you.

Police Academy Fair: July 21st

The next **Relics Dance** will be
Wednesday, July 29th at 1:00 p.m. If
you don't feel like dancing, just come
for the great music!

Carrotfest is coming! And, once again,
we will be selling Gwilly carrots for
Ronald McDonald House. Are you able
to walk up and down Holland Street
selling our carrot pins on Saturday,
August 15th? Teams of 2 walkers work
in 2-hour shifts (either 8:30-10:30, 10:30-
12:30, or 12:30-2:30), taking breaks in
the Danube booth. Can you help?
Please call the Centre (905-775-0612)
or email danubeseniors@rogers.com
and leave a message for Jan Evans.
Include your name, preferred contact
info and the shift you would prefer.

From the recent Board meeting:
It is with reluctance that the BWGSA
Admin. Board accepted the
resignation of Edale Levene from the
position of Program Director. The

position will remain vacant until at
least September. Thank you, Edale, for
all your work with the Board!

Are you registered to vote in the
Municipal elections this coming
October? Residents can check their
voter registration status online.

To get started, visit:

www.RegisterToVoteON.ca

For more information about eligibility
and voter registration, visit
www.RegisterToVoteON.ca or contact
the voter registration service at
1-866-242-3025.

The membership of the BWGSA is
changing. To reflect this reality, we are
offering updated T-shirts with a more
inclusive logo. Members are invited to
come in to try on a sample shirt and
place an order. The shirts are 100% good
quality cotton, and cost \$30
each. Payment is due at time of
ordering.



Did you know we have a Facebook page?
Click <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

Seniors Month Lunch June 18th, 2026

Today, we welcomed 72 attendees, many of whom were appropriately dressed in red and white to celebrate Canada Day. Each person received a joke to share with their table. Mayor Leduc joined us to read the proclamation for Seniors Month and enjoyed lunch with us. Jan presented John Fennel with a special recognition for his upcoming 100th birthday on June 25th, and he took a moment at the podium to express his gratitude to everyone.

Door prizes kindly donated by Holland Gardens and The Elden were won by: Sheila Marshall, Janet Boyko, Brenda Culham and Zvart Valtanian.

Share the Wealth winners were Joyce Barnes, Melissa from Holland Gardens (who kindly donated her winnings to the Danube), Pat Thompson and Betty Collings.

All around it was a great success!

-Linda

More photos from the lunch on the following pages.



Congratulations to John Fennel on reaching the milestone of his 100th Birthday. The beautiful birthday card was crafted and designed by Mikki Buckley and Gabriele Steinhaus and everyone was delighted to sign it for John.











Lunch & Learn

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

Thursday, July 16th, 2026

\$10 pre-registration is required

Register in person at the Danube Seniors Centre

**For more information call 905.775.0612 or email
danubeseniors@rogers.com**

Fit Mind, Body & Soul

**Join us for an educational and interactive session on Brain Health!
Learn about the importance of proper nutrition to feed your brain as well
as how to exercise your brain to Stay Sharp for life.**

**Fit Mind, Body & Soul is a one-of-a-kind program that enhances your
cognitive, physical and spiritual well-being, taking a holistic approach on
strengthening the connection between our minds, body and soul. All
three of which when working together, can have powerful internal and
external results!**



ONCE UPON A TIME, there was a set of seven garden plots behind a Seniors Centre in a small town. The gardens provided fresh vegetables for seniors on fixed incomes, those who lived in geared-to-income apartments and those who were no longer able to grow their own. Eventually, the seven gardeners became three, and their fences were only just good enough to keep marauding rabbits at bay.

One spring, the three gardeners planted their seeds and seedlings as usual. The weather was cool and damp; everything thrived.

And then, one Monday morning, without warning, surveyors came and drove stakes down the middle of the gardens. As it turned out, the gardens were largely not on the property of the Seniors Centre at all, but on land that had been ceded to a property developer by the Mayor (perhaps they were unaware of the exact location of the property line when the land was given away?).

The gardeners were given no guarantee that they would have enough time to lift out all their plants and re-locate them before the heavy equipment would arrive and 20+ years of composted soil (not to mention the rabbit-proof fences) would go under the blade (like the 40-foot poplar trees that once lined the Centre's parking lot). And to where could the plants be moved? Access to other community garden spaces wasn't forthcoming; an adjacent town-owned property could not be cleared in time to save the potted plants, and the gardeners were physically incapable of clearing sod from a 75' x 6' patch of land, 6 feet west of the property line.

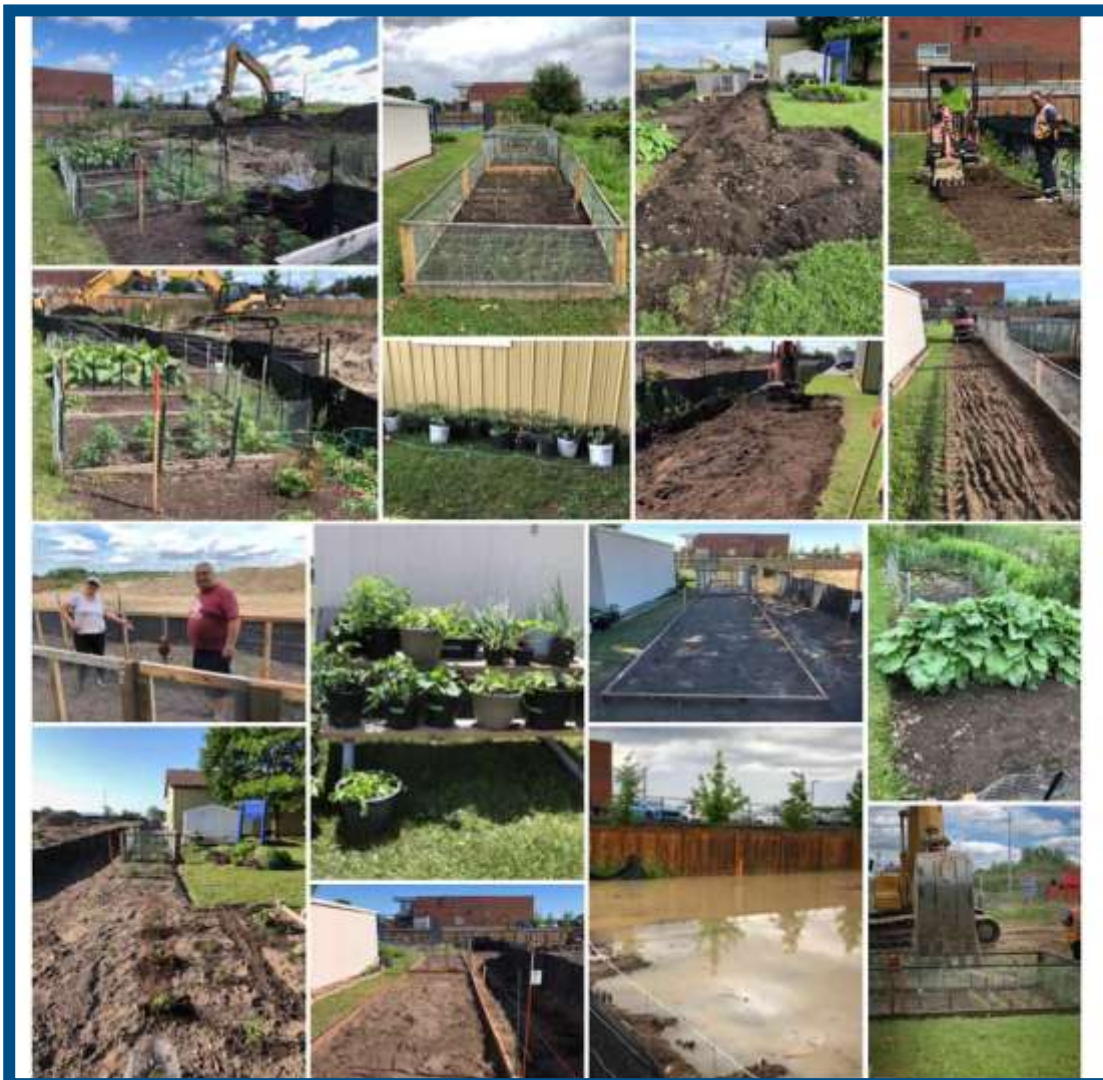
Several days, many emails, phone calls, in-person visits (both planned and coincidental) later, the sod had been cleared, literally hundreds of rocks removed from the new site, the old soil scraped across onto the new site and the process of re-building the fences underway.

In the end, it took 17 days, and at least 200 man hours of work to accomplish what could have been avoided entirely, had the property-owner given the gardeners 2 weeks' notice of their intention to claim their property.

And the new gardens lived happily ever after, especially the rabbit-proof fences.

The End

—Jan Evans



Laugh & Learn



Seniors



Drop-In

**Keep your mind active,
engaged, and thriving!**

*Join us for refreshments & activities
including trivia, puzzles, brain games,
social interaction & informative workshops*

*177 Church Street
BWG Community Hub - Program Room A*

Wednesday's, May 20 - August 5

11:00am - 1:00pm

50+ years | \$2 at the door (cash)



**WWW.BWGLEISURECENTRE.CA | @BWGLEISURECENTRE
905-775-7529 x 6007**

Word Search

CANADA



F	L	A	C	R	O	S	S	E	Z	G	H	G	H
M	O	N	T	R	E	A	L	B	I	S	O	N	O
P	B	Y	U	K	O	N	P	M	D	J	U	S	C
D	O	O	Q	R	F	C	A	R	I	B	O	U	K
L	T	P	O	U	T	I	N	E	K	E	F	R	E
W	T	D	K	V	K	M	A	R	L	C	V	Y	Y
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N	W	B	A	N	T	O	U	R	T	I	E	R	E
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P	D	V	A	U	C	H	I	P	M	U	N	K	W
E	H	E	C	V	C	M	O	U	N	T	I	E	S
G	Z	R	K	E	N	I	N	U	I	T	I	H	G
N	B	V	L	R	M	G	Y	M	A	P	L	E	H

Chipmunk

Ottawa

Hockey

Beaver

Nanaimo

Maple

Bison

Lacrosse

Poutine

Tourtiere

Inuit

Winnipeg

Mounties

Loonie

Quebec

Caribou

Yukon

Vancouver

Knapsack

Montreal

60's to Today's
COUNTRY MUSIC
&
ROCK 'N' ROLL
OPEN MIC
with
★  ★
FREE
ADMISSION
& PARKING
★ **BRADFORD LEGION** ★
115 BACK ST.
BAR & DANCING

Sunday 1-4:30
July 5

Word Search

CANADA



	L	A	C	R	O	S	S	E					H
M	O	N	T	R	E	A	L	B	I	S	O	N	O
		Y	U	K	O	N							C
	O					C	A	R	I	B	O	U	K
	T	P	O	U	T	I	N	E					E
W	T		K	V									Y
I	A		N	A			N	A	N	A	I	M	O
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P		V	A	U	C	H	I	P	M	U	N	K	
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G		R	K	E		I	N	U	I	T			
				R				M	A	P	L	E	

Chipmunk

Ottawa

Hockey

Beaver

Nanaimo

Maple

Bison

Lacrosse

Poutine

Tourtiere

Inuit

Winnipeg

Mounties

Loonie

Quebec

Caribou

Yukon

Vancouver

Knapsack

Montreal

Bradford

SENIOR ACADEMY COMMUNITY FAIR



Information. Connection. Community.



TUESDAY
JULY 21ST, 2026
12:30PM – 3:00PM



**DANUBE SENIORS
LEISURE CENTRE**
**715 SIMCOE ROAD,
BRADFORD**

Join us for an engaging afternoon designed especially for seniors. Displays include **frauds and scams prevention**, **specialized units for policing**, and **community partners** who provide valuable services and supports for seniors in our community.



**FRAUDS & SCAMS
PREVENTION**



**SPECIALIZED UNITS
FOR POLICING**



**COMMUNITY PARTNERS
& SENIOR SUPPORTS**



Light refreshments
WILL BE PROVIDED.



*Everyone
Welcome!*



Stay informed. Stay connected. Stay safe.





Seeing double? Members could be forgiven for thinking so: on Friday, June 5th, who should stroll into the Centre but our Edna, alongside her twin sister, Anne. It was delightful seeing the sisters together and especially enjoyable watching the 'double-takes' of unsuspecting Tai Chi participants and other members. Lovely to meet you, Anne (and Robert, too)!



Bag for goat towels

In early spring, we were asked to share old towels with a local farmer. Yesterday he shared this photo of a new baby goat wrapped in one of the towels donated by Danube members. A great big THANK YOU from the farmer -- and the babies. If you didn't get a chance to donate your gently-used towels (not bedding, please), a shopping bag labelled 'Goat Towels' will appear at the office and Deb K. will be happy to deliver the donations.

Got 'Em Results:

June 10th

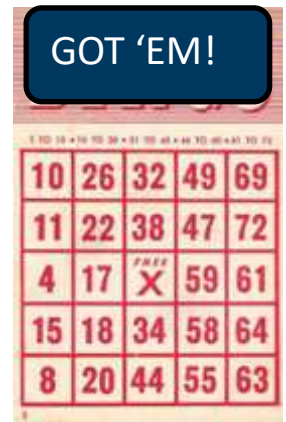
Games:

1. Jackie Preston
2. Emilio Colaluca
3. Kevin Wilson
4. Susan Simurda
5. Virginia McFadden
6. Jane Campbell
7. Jane Campbell
8. Ginette Kanyo

June 24th

Games:

1. Audrey Line
2. Bill Bishop
3. Wally Aghihotri
4. Heather Wilson
5. Marie Mosley, Jane Campbell
6. Elke Pitkin
7. Theresa Noble
8. Dianne Watson



See everybody in September for more Got 'Em!

A Kindergarten teacher was observing her classroom of children while they drew. She would walk around to see each child's artwork. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing god". The teacher replied but no one knows what God looks like. Without missing a beat, or looking up from drawing. The girl replied, "they will in a minute".

Canadian Quiz

Question	Answer
1 Can you name two provinces of Canada?	:
2 The Pitcher plant, found in the marshlands of Canada is carnivorous. True or False?	:
3 What is the name of Nova Scotia's provincial flower?	:
4 Can you name Canada's smallest province?	:
5 Canada has one landlocked province, can you name it?	:
6 Canada newest territory is...	:
7 What is the name of the Canadian National Park which was the first to be accepted as a World Heritage site in 1979?	:
8 What is the oldest walled city in North America?	:
9 In which Canadian province was the film 'Anne of Green Gables' filmed?	:
10 Canada got its name from the Iroquois word 'Kanata'. What does it mean?	:
11 Which famous Canadian songwriter sings 'Heart of Gold'?	:
12 Ann Murray, a famous Canadian singer had many hits in her career, can you name any of her most famous songs?	:
13 Who discovered Newfoundland hundreds of years before Columbus?	:
14 What is the name of the world famous sweetener made in Canada?	:
15 Describe the Canadian flag	:

Answer

- 1 Nova Scotia, Ontario, Quebec, Newfoundland, Alberta, Saskatchewan, British Columbia, etc
- 2 True
- 3 Mayflower
- 4 Prince Edward Island
- 5 Saskatchewan
- 6 Nunavut
- 7 The Nahanni National Park
- 8 Quebec City is the only city that has maintained its fortification walls, which were first built in 1695
- 9 Newfoundland
- 10 Village
- 11 Neil Young
- 12 You Needed Me - Could I have This Dance- Save the Last Dance For Me - Snow Bird - Just Another Woman in Love
- 13 The Vikings
- 14 Maple Syrup
- 15 Vertical bands of red white (double width) and red with a maple leaf centred on the white band



Finish the Analogies Quiz

Finish each analogy with one word

Question	Answer
1 Seat is to sit as ladder is to _____	:
2 Toe is to foot as finger is to _____	:
3 Bird is to flock as geese is to _____	:
4 Pot is to kitchen as towel is to _____	:
5 Small is to ant as huge is to _____	:
6 White board is to classroom as computer is to _____	:
7 Paper is to book as cardboard is to _____	:
8 Ink is to pen as lead is to _____	:
9 Dress is to lady as trousers are to a _____	:
10 Earring is to ear as ring is to _____	:
11 Sock is to shoe as glove is to _____	:
12 Ball is to football as racket is to _____	:
13 Laughter is to happy as crying is to _____	:
14 Paris is to France as Madrid is to _____	:
15 Snow is to ski as water is to _____	:
16 Green is to grass as black is to _____	:
17 Greek is to Greece as Hebrew is to _____	:
18 Canberra is to Australia as London is to _____	:
19 Cheetah is to mammal as alligator is to _____	:
20 Meat is to carnivore as plants are to _____	:

Answer

- 1 Climb
- 2 Hand
- 3 Gaggle
- 4 Bathroom
- 5 Elephant
- 6 Office
- 7 Box
- 8 Pencil
- 9 Man
- 10 Finger
- 11 Hand
- 12 Tennis
- 13 Sad
- 14 Spain
- 15 Swim
- 16 Coal
- 17 Israel
- 18 England
- 19 Reptile
- 20 Herbivore



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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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Jeweller

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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

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





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SCAN ME

Answer to riddle on page 7: A nap

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 On Hiatus until September	6:30 pm Bid Euchre	
WEDNESDAY	9:00am Tai Chi	10:30 am Chair Yoga	1:00 pm “Got’Em” On Hiatus until September	1:00 pm Bid Euchre Every Wednesday in July and August	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 Game Results

Bridge			Bid Euchre			Euchre		
Date	Place	Name	Date	Place	Name	Date	Place	Name
May 25	1 st 2 nd	Neil E. Fred P.	June 2	1 st 2 nd	Allan B. John F.	June 11	1 st 2 nd	Al W. ?
June 15	1 st 2 nd	Fred P, Sally P.	June 16	1 st 2 nd	Heather w. Allan B.	June 18	1 st 2 nd	E. Michaud Vikki B.
June 22	1 st 2 nd	Neil E, Rosemary S.	May 23	1 st 2 nd	Doug H. Allan B.	June 4	1 st 2 nd	Don J. Earl M.
June 29	1 st 2 nd	Fred P. Frank G.		1 st 2 nd		June 25	1 st 2 nd	Cam S. Virginia M.