



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



A few months ago we hosted the first afternoon dance with music provided by "The Relics". Unfortunately I was unable to attend: my Plantar Fasciitis was acting up. Last Wednesday we held another dance and I was well enough to give it another try. The music started at one o'clock and it didn't take long for some brave souls to get up and dance. Soon to be followed by rows of line dancers. (I do not participate in line dancing. My feet refuse to follow prescribed step sequences) I never expected to have so much fun. What a wonderful afternoon. So much dancing, laughing, meeting new friends, more dancing and more laughing. I am certainly looking forward to the next Dance and I really hope some of you will join me. A big, big Thank You to the Relics. We are so fortunate to have them share their time and talents with us. You can listen to some of them again on August 8th starting at 1:00pm for another Music in the Afternoon. Don't forget: This is a free event and open to the public.

Thursday August the 20th starting at 11:30am we will have another Barbecue Lunch. The Bradford Lions Club has kindly agreed to again bring out their giant barbecue and do the cooking of the hamburgers and sausages. We of course provide all the other trimmings: Salads, fried onions, tomatoes, cheese, pickles, sauerkraut and all the condiments. Did I forget anything ? Let me know; we try to please everyone's palate. Tickets are available from August 4th to the 17th. See the flyer for more information.

August is Carrot Fest time. The fun starts on August 15th. This year we have our own booth. So much more room to display newsletters, information pamphlets and of course our signature GWILLY CARROTS. This year, something else will be on display for the first time. You can read about it further on in this newsletter. Can't give the surprise away on the first page! I certainly hope the weather cooperates. Last year's heat was brutal.

Hope to see you there. Stay cool.

Elke



NOTICES



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*** Argo Bus Update:** If you require door-to-door service due to mobility or other issues, you **MUST** click on the "Disabled" icon when you book your trip. For more information leave a message for Lynn Woods at the Centre or call 905-775-0612 and we will contact you.

***August 3, Civic Holiday. The Danube is closed*.**

*** Got an idea for a new program?** How about Ballet stretching? or Meditation? or Belly Dancing? Or maybe you'd like to direct programming in general? If so, have we got a volunteer opportunity for you! The position of Program Director does **NOT** include editing the newsletter or updating the Membership List or taking photos at all of our events. It **DOES** include figuring out what activities members desire, soliciting volunteer co-ordinators and facilitators for those activities and revising the delivery schedule as needed. If this sounds like you, drop us a line at: danubeseniors@rogers.com.

Thanks, Jan

*** August 20, Summer BBQ.** Pre registration and payment at time of sign-up required. No 'phone registrations. Thank you. Tickets are only available August 4-17.

*** Speed Puzzling**

Have you ever wondered what our Zumba Lady is doing on Mondays when Zumba class is cancelled? Check out this link to find out: <https://www.cbc.ca/radio/day6/speed-puzzling-competitions-9.7264139>

*** Carroffest** 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.

Lunch & Learn, Memories—July 16, 2026

1, 6, 36, _____, _____

Can you figure out what the next two numbers in the sequence would be?*

How about 15, 30, 20, 40, 30, _____, _____ ?**

These were just two of the math puzzles (there were word puzzles, too) presented to the audience by Michelle and Jason from Memories+ Group at the July Lunch 'n' Learn. Among many other things, we learned that Vitamins E and K, found in foods such as avocados, mangoes, dark green leafy vegetables, seeds, nuts and

berries, play a role in maintaining cognitive health as we age. The presentation was lively, with lots of interaction between the speakers and the 40 participants + 10 volunteers (Thank you!!) who attended. Afterwards, a lunch of apple-cranberry green salad and assorted sandwiches made in-house by Elke and Ann was served, with KitKat ice cream bars for dessert. Dee-licious!!

The next Lunch 'n' Learn will be in September. The next luncheon will be the BBQ in August. See the flyer elsewhere in this newsletter for more information.
- Jan

* 1, 6, 36, 216, 1296

** 15, 30, 20, 40, 30, 60, 50







Summer BBQ At the Danube

Join us on Thursday, August 20th

11:30 – 1:00 pm.

\$15.00 Per person

Pre-registration with payment is
required. No phone registrations

Ticket sales August 4-17 ONLY

Cooking kindly provided by the Bradford Lions

Tickets are non-transferable – members only



Danube Seniors Centre

pageborders.org



Introducing:

Gwilly the Carrot and Olive the Onion



A long, long time ago, there was a large area of swamp land located north of Newmarket and south of Bradford. As the years passed, the water level fell and the swamp became a wet marsh. Then in the early 1900's, along came William Fraser and Professor Day who started thinking of a way to reclaim this area for the future, & started the wheels rolling to drain the land and thus started what we now call the Holland Marsh. The rich organic soil was just perfect for growing vegetables. Farmers moved in and started growing crops of carrots, onions, celery and lettuce.

Then one day, Mother Nature took charge. When the carrots and onions had started to grow and peek through the rich soil, Mother Nature produced a very windy day. The sky was black as the soil was lifted along with the seeds and seedlings and deposited wherever they fell. Some onions and seeds landed in neighbor's carrot field, and carrots in an onion field. Gwilly the Carrot a long time bachelor, met Olive the Onion and a lasting "friendship" developed.

This year, 2026, the Bradford Seniors Centre (Danube Centre) are introducing Gwilly and Olive at the Annual Carrot Festival, on Saturday, August 15th. Come and meet Gwilly and Olive and wish them a continuing friendship.



Funny (sort of) Veggie Q&A

- **Lettuce & Celery:** What did the lettuce say to the celery? *Quit stalking me!*
- **Tomato:** Why did the tomato blush? *Because it saw the salad dressing!*
- **Carrot:** What did the flat tire say? *I need an a-spare-agus!*

Silly Veggie Puns

- **Turnip:** Turnip the radio please!
- **Beet:** You are un-beet-lievable.
- **Corn:** Why did the farmer fail comedy class? His jokes were too corny.



*Knock, Knock. **Who's there?** Lettuce. **Lettuce who?** Lettuce in and you'll find out.*

*What's small, red and whispers? **A hoarse radish***

*What do you get when two peas have a fight? **Black-eyed peas.***

Dance with The Relics, July 29. 2026

It was an afternoon of "Old Time Rock 'n' Roll" at the Danube Centre on July 29th. "The Relics" (Laurie, Norm, Peter and Terry, with Duncan on sound and Jan Cooper on enthusiasm :) filled the hall with jukebox favourites and just about everybody got up to dance along. Thanks to Marilyn for leading the Line Dancing, and to everyone for coming out and supporting the event. The next Relics dance is scheduled for September. Stay tuned.



VISUAL/SPATIAL ORIENTATION



VISUAL PUZZLE

Each Rebus Puzzle represents a word or saying.
Can you determine what the answer is?

NIPS

A4ID


GRAVITY

once


LANGUAGE ACTIVITY



LINK WORDS

Each set has two words. Find the word that fits between them to
make two different phrases.

Example: Peanut _____ Fly
Peanut Butter Fly

Rain _____ Tail

Flower _____ Holder

Skate _____ Game

Life _____ Line

Day _____ Down

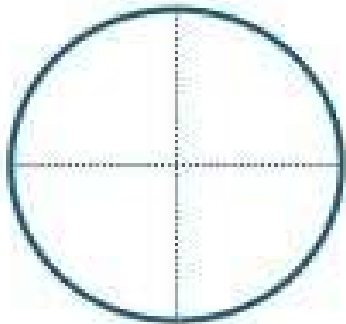
COMPUTATION



CLOCK QUESTIONS

Draw the correct time on the clock.

1. You are spending tomorrow with a friend. He is coming to pick you up at **10:45am**. It takes you forty-seven minutes to get showered and dressed. Preparing and eating breakfast takes you another twenty-eight minutes. What time should you set your alarm for?



Solutions on the following page.



VISUAL PUZZLE—Instructions & Answers

Give the individual the download sheet. Ask him or her to try and figure out the visual puzzle. Feel free to give them a hint.

NIPS

*A: Reverse Spin
or Back Spin*

A4ID

*A: Foreign Aid
(Four in Aid)*


GRAVITY

A: Centre of gravity

once


A: Once upon a time



LINK WORDS—Instructions & Answers

Give the individual the download sheet. Each set has two words. Ask the individual to find the word that fits between them to make two different phrases.

Example: Peanut ----- Fly
Peanut Butter Fly

The answers are included below for your reference.

Rain C O A T Tail

Flower P O T Holder

Skate B O A R D Game

Life B L O O D Line

Day B R E A K Down

1. You are spending tomorrow with a friend. He is coming to pick you up at **10:45am**. It takes you forty-seven minutes to get showered and dressed. Preparing and eating breakfast takes you another twenty-eight minutes. What time should you set your alarm for?

ANSWER: 9:30am



Puzzle solutions

A Tale of 3 Frogs

Once upon a time, there was a man (we'll call him "Frank"), who grew garlic and tomatoes in his share of a community garden behind a Seniors building in a small town. After more than two decades, Frank aged out of gardening, and his section became the garden of another senior (we'll call her "Jan").

Having admired Frank's garden for many years, Jan tended it with loving care until she was given a different plot of land to work. She ceded 'Frank's garden' to yet another senior (we'll call her "Debbie").

One day, Debbie installed a decorative amphibian in her garden. To honour its original owner, Jan and Debbie named him "Frank", and tasked him with overseeing the growth and development of their plants and seeds

Meanwhile, in her new section, Jan unearthed a large, flat-topped rock. She immediately phoned another gardener (we'll call her "Patricia") and offered her the rock as a lily-pad for her rock garden.

Patricia was inspired to put Lily & Friend in her rock garden. Jan was thrilled that her dirty old rock had been turned into something delightful.

You can imagine how pleasantly-surprised Jan was to meet "Lily, too" in her own garden a few days later.

And everyone lived happily ever after.

The End

Lilly Two



Ugly Rock

Lilly One

Frank



Solution on Page 14

(The Curious Guide)

1. I sleep by day, I fly by night. I have no feathers to aid my flight. What am I?
2. David 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?

•Answers:

- 1. [A Bat]
- 2. [David is bald]

(Courtesy of www.memoriesplusgroup.com)

School Paper John wrote an article in the school paper about how this chemical, dihydrogenoxide, has killed over 100,000 people world wide, usually through inhalation. The story also went on that even if you wash your food you can never get this chemical off. No matter what you do you will be exposed to this very dangerous chemical every day of your life until you die. The story finished by claiming that there needs to be a government research group founded to find a solution. yada yada yada Anyway, the local newspaper reporter read this story in his daughters school paper and decided to do a follow up. If you haven't figured it out di-hydrogen-oxide is the correct name for H₂O or water. The deaths that he was quoting were from drownings. Anyhow, this reporter ran the article in a paper and started a local push for a government study before they realized what the story was about.
(jokes4us.com)

Easy No-Bake Irish Fifteens

Irish Fifteens are a classic Northern Irish no-bake treat made with crushed biscuits, cherries, marshmallows, and condensed milk, all rolled in coconut and chilled until firm - simple to make and perfect for sharing.

Prep Time: 20 minutes Servings: 12 slices

Ingredients

- 15 marshmallows, quartered
- 15 Digestive biscuits or graham crackers, crushed
- 15 glacé (candied) cherries, quartered
- 7 oz (200 g) condensed milk (about half a standard can)
- Desiccated coconut, for coating

Instructions

Crush the biscuits into mostly fine crumbs, leaving a few larger pieces (about the size of a hazelnut) for texture. Place them in a large bowl.

Add the quartered marshmallows and cherries to the bowl.

Pour in the condensed milk and mix until everything comes together. If the mixture seems a little dry, add a small amount of extra condensed milk until it holds together.

Place the mixture onto foil or parchment paper and shape it into a log. Sprinkle the desiccated coconut over the outside, rolling the log until it is evenly coated on all sides.

Wrap the log tightly in the foil or parchment and place it in the refrigerator for at least 2 hours to firm up. Enjoy

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Of all your children, the only one who won't grow up and move away is your husband.

I always wanted to marry Mrs. Right. I just didn't know her first name would be "Always."

An old woman is sitting at a bar when an older gentleman sits down beside her. "So," he says, "do I come here often?"

A man called his twin brother from prison. "Hey remember when we were kids and use to finish each other's sentences?"

My grandfather says to me, he goes, "when I was a boy you could walk into a grocery store with two dollars in your pocket and walk out with a loaf of bread, a dozen eggs, even a little butter! He says, "but now, these days, too many damn cameras!"

August 8th is National Cat Day—somewhere in the world – who knew?

Abraham Lincoln was a lover of cats; he kept 4 pet cats in the White House.

The French poet Charles Baudelaire (1821-1867) placed cats well above people in his social hierarchy. He even praised his cat as the source of his talent in the poem *Le Chat*:

*A fine strong gentle cat is prowling
As in his bedroom, in my brain;
So soft his voice, so smooth its strain,
That you can scarcely hear him miowling.*

*But should he venture to complain
Or scold, the voice is rich and deep:
And thus he manages to keep
The charm of his untroubled reign.*

*This voice, which seems to pearl and filter
Through my soul's inmost shady nook,
Fills me with poems, like a book,
And fortifies me, like a philtre.*



Pablo Picasso, loved cats throughout his lifetime. He painted a picture that depicts a small black kitten perched on the shoulder of one of his lovers - *Dora Maar au Cat* - a very expensive picture.

Catherine the Great of Russia (1744-1796) loved her Russian Blues. She gave them as a present to ambassadors and even the British royal family.

Marie Antoinette, the last queen of France owned six white Angora cats.

Calvin Coolidge (1872-1933), the 30th President of the United States, was often seen with 'Tiger' on his shoulders walking around the White House. Tiger was a tabby cat-

-(Golden Carers)

Cat Jokes

A policeman in the big city stops a man in a car with a Siberian Lynx in the front seat. "What are you doing with that Siberian Lynx?" He exclaimed, "You should take it to the zoo." The following week, the same policeman sees the same man with the cat again in the front seat, with both of them wearing sunglasses. The policeman pulls him over. "I thought you were going to take that cat to the zoo!" The man replied, "I did. We had such a good time we're going to the beach this weekend!"

I saw a neighbor talking to her cat today, it was hilarious that she thought her cat could understand her. I went home and told my dog!

Terry Pratchett once said, "In ancient times, cats were worshipped as gods; they have not forgotten this." It's a quote which is funny and also accurate.



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NOTICE

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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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MATH PUZZLE ANSWER

9	x	5	-	4	41
÷		+		+	
3	+	8	-	6	51
x		+		+	
2	-	7	x	1	-5
6		20		11	

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*I told my wife she should embrace her
mistakes. She gave me a hug*

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 July & 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		
July 6	1 st 2 nd	Fred P. Darcy E.	June 30	1 st 2 nd	Al W. John F.	July 2	1 st 2 nd	Cam S. Bruce F.
July 13	1 st 2 nd	Frank G. Fred P.	July 7	1 st 2 nd	Connie C. Donnie C.	July 9	1 st 2 nd	Frank G. Pat A., Elke P.
July 20	1 st 2 nd	Frank G. Frank H.	July 14	1 st 2 nd	John F. Connie C.	July 16	1 st 2 nd	Marilyn J. Ginette K.
July 27	1 st 2 nd	Frank H. Fred P.	July 28	1 st 2 nd	Connie C. Allan B.	July 23	1 st 2 nd	Elke P. Earl M.
						July 30		John F. Sheila M.