

SISTER KENNEDY CENTRE OCTOBER 2013 NEWSLETTER

Sister Kennedy Centre is a non-denominational senior's centre, open from Monday to Saturday from 8 a.m. to 4 p.m. Besides scheduled activities a fully equipped shop is available for use on personal woodworking projects. Billiards tables and table shuffle board are also available. Drop-ins are welcome and the coffee pot is always on.

The **SKC newsletter** is published to provide seniors with information on activities at the Sister Kennedy Senior Centre as well as other activities about town which might be of interest to seniors.

SKC EVENTS REPORT

The **June Potluck Supper** was enjoyed by fifty people. As usual, the food was fantastic. Elaine Mercier was the winner of the pottery mug and tea package donated by the Older Adults program and Lawrence Dessere won the beautiful wooden bowl provided by Ken Noble. Following supper the S.A.L.T. group presented information on the psychological/emotional aspect of elder abuse. Denise Decaire won the draw prize from S.A.L.T.

The annual **Corn Feed** held in August was well attended with fifty-five people in attendance.

Advanced Bridge winners

Sept. 7: 1st Dave Kircher; 2nd Vivian O'Donnell

Sept. 14: 1st June Smith; 2nd Jean Christiansen

Sept. 21: 1st Marjorie McTaggart
2nd Jose Balcewich

Sept. 28 1st Margaret Kircher;
2nd Margaret Patenode

Duplicate Bridge winners:

Sept. 5 Walter Horban & Cam Moorhouse 1st; Dorothy Blais & Dolly Lemieux 2nd; Don & Verena Zucchiatti 3rd.

Sept. 12 Byrne & Carole Johnson 1st; Don & Verena Zucchiatti 2nd; Gladys Martin & Jane Sus 3rd.

Sept. 19 Jim West & Dave Johnson 1st; Ralph & Kathy Awe 2nd; Keith McRae & Joe Gust tied for third with Jane Sus & Dolly Lemieux.

Sept. 26 Don Zucchiatti & Dolly Lemieux 1st; Dorothy Blais & Carol Belanger 2nd; Keith McRae and Bob Barron 3rd

Results were not available for Smear or Cribbage. Players are always welcome to come out to join any of the card games.

SENIOR HUMOUR

These days I spend a lot of time thinking about the hereafter. I go somewhere to get something and then I wonder what I'm here after.

A man was telling his neighbour "I bought a new hearing aid, state of the art, it cost me four thousand dollars. It's perfect."

"Really" replied the neighbour, "What kind is it?"

"Twelve-thirty."

UPCOMING EVENTS

The 30th anniversary of the Sister Kennedy Centre is being celebrated this month. Week long festivities are in store starting with an **opening ceremony on Monday, October 21 at 9 a.m.**

A list of events will be posted on the bulletin board. There will be a number of volunteer opportunities available so be prepared to pitch in and help.

A Potluck Supper will be held on Wednesday, October 23 followed by a guest speaker, volunteer awards and entertainment.

- **Tai Chi classes** will start on Monday, October 21 and Wednesday October 23.

The Yogafit classes which start on Tuesday, October 15 will be held at the Sportsplex as there isn't sufficient equipment storage at the Centre.

Bowling has started but there is still room for a few bowlers. Contact Roberta Chabot at 274-3429.

MORE SENIOR HUMOUR

A couple are at the airport in Arizona awaiting their flight, dressed in parkas, boots and scarves, ready for their return to Canada. An American couple standing nearby are intrigued by their clothing so the wife says to her husband "Look at that couple, I wonder where they're from?" He says that he doesn't know and maybe she should go ask them. She walks over to the couple and says "I've been noticing the way you're dressed and I wonder where you're from?" The Canadian farmer replies "Saskatoon, Saskatchewan." The woman returns to her husband who asks "So, where are they from?" She replies "I don't know, they don't speak English."

AROUND TOWN

The 55-plus movie at the Library this month is **Gatsby**. The movie shows on Sunday, October 6 at 4:30 p.m.

Fran Shelfantook's books Sophia's Journey and Emma's Story are available at the Library. **Congratulations** go out to Fran who celebrated her 100th birthday this summer. Another centenarian for our community!

The Library also has a very nice display of **Ken Noble's** segmented wood turning pieces on display. Beautiful work!

Tech Boot Camp is held on Thursday from 5 to 7. Drop in for help with electronic devices: phones, i-pad, computers, etc.

AGE – You just wake up one morning and you GOT it!

I have everything I had 30 years ago, only it's a bit lower.

If all is not lost, where is it?

EAGER B'S

Are still in the planning stages and considering the following events:

- Pole walking
- Skiing, snowshoeing or hiking at the Mounds
- Trip to wolf and bear sanctuary
- Zumba (modified for seniors)
- Wild rice workshop
- Excursion to open pit ore mine

Contact Gloria Bergner 275-5001 or Donna McKelvie 274-3589

IN MEMORIAM

Our thoughts and prayers are with our friends who recently passed away

Elsie Doucette

Ken Munn

Ann Selman

Ed Domanski

Margaret Gladu

Jeanne Belanger

COMMUNITY RESOURCES

The Older Adults Program offered by the District Mental Health Services provides community based services to individuals 60 years of age and older with a serious mental illness, Alzheimer's disease or a related dementia.

The Program also offers support services and education to the caregivers of these individuals. Service is offered to older adults living at home, supportive housing, long-term and chronic care facilities.

Services include: counselling/therapy, assessment/cognitive screening, care and treatment planning, monitoring, referral and advocacy and geriatric psychiatry. If you have need of these resources call 274-2347.

Referrals do not have to be from a physician they can be from any source: family, friends or self.

One person to another at the senior centre "Well here we sit, cleverly disguised as responsible seniors!"

Facts: If you lose one sense, your other senses are enhanced. That's why people with no sense of humour have an increased sense of self importance.

Kind words can be short and easy to speak, but their echoes are endless!

CALENDAR FOR THE MONTH OF: October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1: Smear	2 1: Beg. Bridge Canasta Table Shuffle	3 1: Cribbage 7: Duplicate Bridge	4 1: Euchre 6:30 Shuffleboard Cards, Visiting	5 1: Adv. Bridge
6	7 1: Canasta, 500 Whist Floor Shuffle	8 11: SKC Board Meeting 1: Smear	9 1: Beg. Bridge Canasta Table Shuffle	10 1: Cribbage 7: Duplicate Bridge	11 1: Euchre 6:30 Shuffleboard Cards, Visiting	12 1: Adv. Bridge
13	14 Centre Closed Thanksgiving	15 9: YogaFit at Sportsplex 1: Smear	16 1: Beg. Bridge Canasta Table Shuffle	17 1: Cribbage 7: Duplicate Bridge	18 1: Euchre 6:30 Shuffleboard Cards, Visiting	19 1: Adv. Bridge
20	21 9: Anniversary Opening Ceremony 11 Tai Chi 1: Canasta, 500 Whist Floor Shuffle	22 : YogaFit at Sportsplex 1: Smear	23 11: Tai Chi 1: Beg. Bridge Canasta Table Shuffle 5: Potluck Supper Awards & Entertainment	24 1: Cribbage 7: Duplicate Bridge	25 1: Euchre 6:30 Shuffleboard Cards, Visiting	26 1: Adv. Bridge
27	28 1: Canasta, 500 Whist Floor Shuffle	29 9: YogaFit at Sportsplex 1: Smear	30 11: Tai Chi 1: Beg. Bridge Canasta Table Shuffle	31 1: Cribbage 7: Duplicate Bridge		