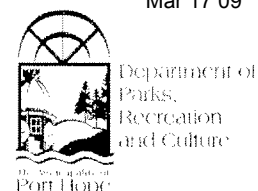


Silver



March 2009 – Volume 1, Number 2

THE NEWSLETTER OF THE RUTH CLARKE CENTRE FOR SENIORS

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Shakespeare said it!

That opening phrase of Richard III about the winter of our discontent has become the catchword of this winter. At this point, even the snow bunnies are mumbling and grumbling. This is the winter that just won't go away! After four months of wind, rain, sleet and big-time snow, there has got to be an end to it soon. Doesn't there? The good news is that those of us who use the activities at the Ruth Clarke to lift our spirits have certainly had some busy days to brighten winter moods. The Lunch Bunch Mondays have welcomed full houses consistently, the exercise and dance classes are keeping muscles limber and card games are keeping minds sharp.

As usual, there are busy worker bees at the centre that have helped make it less of a winter of discontent. Among them: our conveners and helpers who always go above and beyond to make sure every activity runs with ease. Many thanks to conveners Doreen Reeves, Alex Gabovic, Betty Walsh, Helen Trenouth, Barbara Hawthorn, Eric and Jean Constantine, Bernice Makepeace, Jan Olsen, Allan Raymond, Arlene Rowe, Fred Rowe, Johanna Ragers, Laurie Smith, Bryan Sherry, Ken Swann, Joan Baker, Phyllis Baldini, Anne Niblett, Roy Quigley, Betty Quigley, Doug Pettigrew, Dave Monteith, Pat Monteith, Neil Dones and Pat Wagner.

Thanks also to the kitchen toilers for ensuring members get a wide variety of healthy treats. They are: Delores Comar, Betty Walsh, Sophie Laidlaw, Nellie Strybosch, and June Clement.

A special thank you to the volunteers who helped with the Seniors' Fair: Betty Walsh, Marie Skillen, Johanna Ragers, Annamarie Torriere, Shirley Parberry, Rae Polutnik, Joan Macklin, Joan Ferrier, Shirley Talbot, Mary Deschamps, Lynne Hemko, Marygay Huffman, Anastasia Erland, Doreen Reeves, Delores Comar, Gladys Andrus, Marie Donnell, Joan Baker, and Phyllis Baldini. They helped our Centre deliver yet another great fair.

Every month the Lunch Bunch Group come together and work diligently to make certain that this special luncheon is always a success. Hats off to Betty Walsh, Doreen Reeves, Phyllis Baldini, Joan Baker, Marie Donnell, Anne Niblett and Pat McLaughlin. And of course, the members who help out afterwards!

Last but not least, a special nod to our own Social Committee! Members include treasurer Pat Wallace, secretary Doreen Reeves, vice president Bernice Makepeace, president David Monteith, and directors Betty Walsh, Bryan Sherry, Betty Collins, Audrey Langevin and Joan Ferrier.

Because of the dedication of each of these folks, Ruth Clarke Seniors' activities continue to thrive and grow!

Amy MacGillivray, Seniors Program Coordinator

Hello...my name is Anastasia Erland and I'm editor of *Silver*. Since last September when I joined RCAC, I've made some wonderful new friends. But many of you don't know me—or why I persuaded Amy to let me create *Silver*—so let me give you a brief introduction.

In December 2007, I braved a blizzard to move to Port Hope from Wilmot Creek near Newcastle. Wilmot is a vibrant retirement community with many, many activities and a fine monthly newsletter. So when I looked at all the things going on in this busy place, I thought that the Ruth Clarke deserved a bulletin of its own.

I talked to Amy MacGillivray and she and her manager gave the green light. Amy agreed to be managing editor, which is rather like being producer of a movie—you make it all happen. Amy does the collecting and listing and ensures all the pieces are there. I'm more concerned with content, doing interviews, writing and working with Amy on ideas.

Before I retired in 2001, I had a 47-year career in magazines and public relations as a writer and editor. I also wrote advertising copy, press releases, speeches and brochures. In short, whatever needed more than a few words cobbled together. The latter part of my career was spent in government communications—both internal and external. During most of my career, I lived in Toronto. My son and daughter-in-law reside in Port Hope and my daughter in Los Angeles. One granddaughter attends Ryerson in Toronto and the other graduated from UCLA last year.

In the coming months, I hope you'll not only enjoy, but contribute to these pages, and work with me to make it the best seniors' newsletter in the province.

Anastasia Erland

A Fair to Remember!

The Seniors Information and Active Living Fair on Friday, February 13, was certainly well attended—296 people visited the 34 booths and picked up all kinds of useful information. Conversation decibel levels were high as folks took the opportunity to speak to experts in the fields of safety, fraud, retirement and nursing homes and other timely topics. Along with free coffee and Tim-bits from Tim Horton's, there were also samples of nutritional smoothies provided by the Port Hope Community Health Centre. As well, everyone attending received a free grab bag of goodies and info put together by the Ruth Clarke Centre with content kindly donated by various organizations.

If watching the hourly fitness demos coordinated by trainer Carolyn Treasure tired people out, they could always rejuvenate with the delicious \$2 lunch: piquant soup and a wide selection of sandwiches plus a sweet treat. The lunch garnered \$224 for the centre. This was the 2nd annual Fair and was made possible with assistance from the Ontario Seniors Secretariat and the Older Adult Centres of Ontario. If you missed this year's fair—be sure to watch for news of the 2010 event. You won't want to miss it again!

The Greening of the Lunch Bunch

Be sure to attend the next Lunch Bunch on March 16 festooned in everything green you can scavenge from your wardrobe or borrow from friends--including undies!

The person who pays the greatest homage to St. Patrick by wearing the most green garments, gewgaws and gaiters will win a prize and a free lunch!

You don't have to be Irish to enjoy St. Patrick's day!

Highlights from the Executive Committee

The Ruth Clarke Executive Committee met for the first time in 2009 on January 20th. Among the items discussed:

- ✓ Finances: chequing \$1,668; savings \$6,618
- ✓ Members are pleased with the new green wall color in the main room upstairs
- ✓ Saturday night Open Euchre going well
- ✓ Lakeshore Quilters will be displaying quilt in main room to celebrate anniversary
- ✓ Special breakfast being held for over-90s

Updates from the General Meeting of February 27 and the following Executive Meetings will appear in the next *Silver*.

Meet Catherine Hawley

Talk about finding your niche! Fifteen years ago, Catherine Hawley helped her mom with a major life transition—moving from the Maritimes to Ontario and dealing with the accumulation of a lifetime. Catherine not only relished the challenge, she found she had a real flair for organization and a great inner eye for spatial arrangement. She rarely has to use a measuring tape to see if things will fit in a new location.


Now, through her own business—Home Organizing Services—Catherine helps others cope with the mountains of material we collect. Among other things, she helps people downsize to move into a smaller home, apartment, retirement or nursing home. She also helps realtors prepare clients' houses for the market and she'll even help you deal with just plain clutter! "There are three types of people who can't cope with clutter," she notes, "Busy-busy types who think they don't have the time; sentimental types who can't bear to part with their memories; and the emotionally attached, who are unable to make a break with possessions."

Catherine moved to Port Hope more than a year ago and she's one of the Centre's newer members. Amy has a supply of her brochures if you need some help getting rid of the clutter of a lifetime!

Great news for mystery buffs!

The Port Hope Library has several DVD sets of favorite British TV mystery series. The newest is P.D. James' Dalgleish mysteries but you can also find Inspector Lynley and scads of the ever-popular Midsomer Murders.

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1	2 9:30am Coffee Club 10am Cribbage 11am Fitness Frenzy 1:15pm Euchre	3 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	4 10am Line Dancing 1pm Bid Euchre	5 9:15am Darts 1pm Texas Hold Em 1pm Bridge	6 11am Fitness Frenzy 12pm Workshop on Healthy Eating 1:15pm Canasta 2pm Social Singles 7:00pm Open Bid Euchre Party!	7 7:30pm Open Euchre Party <i>Everyone welcome!</i>
8	9 9:30am Coffee Club 10am Cribbage 11am Fitness Frenzy 1:15pm Euchre	10 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	11 10am Line Dancing 1pm Bid Euchre	12 9:15am Darts 1pm Texas Hold Em 1pm Bridge	13 11am Fitness Frenzy 1:15pm Canasta 1:30pm to 4pm Chronic Conditions workshop, part 1 2pm Social Singles	14 FREE TAX CLINIC 9am to 11am, put on by Lynch, Rutherford, and Tozer!! 7:30pm Open Euchre Party
15	16 9:30am Coffee Club 10am Cribbage 12pm LUNCH BUNCH! 11am Fitness Frenzy 1:15pm Euchre	17 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	18 10am Line Dancing 1pm Bid Euchre	19 9:15am Darts 1pm Texas Hold Em 1pm Bridge	20 10am Osteoporosis Support Group! 11am Fitness Frenzy 1:15pm Canasta 1:30pm to 4pm Chronic Conditions workshop, part 2 2pm Social Singles 7:00pm Open Bid Euchre	21 7:30pm Open Euchre Party <i>Everyone welcome!</i>
22	23 9:30am Coffee Club 10am Cribbage 11am Fitness Frenzy 1:15pm Euchre	24 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	25 10am Line Dancing 1pm Bid Euchre	26 OFFICE CLOSED! RAMA TRIP!!! 9:15am Darts 1pm Texas Hold Em 1pm Bridge	27 11am Fitness Frenzy 1:15pm Canasta 1:30pm to 4pm Chronic Conditions workshop, part 3 2pm Social Singles	28 7:30pm Open Euchre Party <i>Everyone welcome!</i>
29	30 9:30am Coffee Club 10am Cribbage 11am Fitness Frenzy 1:15pm Euchre	31 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo				

2009

March Birthdays

***Happy Birthday to You! Happy
Birthday to You! Happy Birthday
Dear Ruth Clarke Members, Happy
Birthday to You!***



Jean Livingston 1st
Maggie Colborne 2nd
Peggy Sanders 3rd
Hilton Peacock, Delores Comar, &
Lorraine Brimacombe 5th
Roy Devine, Jean Morton, 6th
Ruth Sexsmith, Pat Wagner 8th
Ada Earl, Ada DiDomizio,
Carol Quinn 9th
Jim Fieldcamp 10th
Marjorie Henderson, Mary Korol 11th
Merle Wakely, Patricia Vincent 12th
Teresa Samko, Helen Trenouth,
Claudette Cowin 13th
Marie Kelly, Pat Palmer,
Bill Wagland, Pat McLaughlin,
Anne Kearns, Elsie Bain 14th
Jean Jaynes, Geraldine Nelson,
Joe Schroder 16th
Lorna Austin 25th
Joan Rhame 26th
Percy Kinsey, Marcia Wentland, Russ
Bonnar, Betty Collins, Jean Ralph 29th
Janet Alford 30th

*Wishing all of you a wonderful birthday!
From the Ruth Clarke Centre!*

For Avid Conversationalists...

Be sure to check out the new Social Singles group that meets from 2-4 Friday afternoons upstairs at the Centre. This is for, but not limited to, singles and is the brainchild of Pat Wagner who was also instrumental in initiating the salsa/merengue dance sessions. Pat loves to bring people together and makes certain that there's always something tasty in the way of refreshments at the sessions. One week it was a tantalizing home-made cherry cheesecake. There's a small drop-in fee per session.

As the group grows, Pat sees potential for music and dancing as well as conversation. "It's early days for the group," she says, "but I think it has great potential. We've already had some very civil but spirited discussions around politics and religion. Seems to me that chatting with people is much better than just sitting home alone." Pat is also organizing a Christmas Day dinner for seniors who otherwise would spend the day on their own. Call Amy at 905 885-2228 if you're interested in the Social Singles group or helping with the Christmas dinner.

We need your baby pix. New contest coming soon!



*Doesn't matter if
you were cute or
squinty as a kid—
just dig out your
baby pictures and
see if one of them
is mysterious
enough to stump
the rest of us.*

We need one shot of you as a baby or youngster, and one recent photo. We'll choose five sets of these pictures of different members to display in the Centre each week. Entry fee for guessers is \$1 and the winner gets a prize. The proceeds will be donated to a local charity. More details will be posted at the Centre in March.

Coming up and not to be missed!



Getting the most out of life with long-term conditions

If you live with chronic pain, fatigue or depression, this free six-week workshop to help you:

- **feel better and be more active**
- **enjoy positive changes in diet and exercise**
- **manage medications and communication with your doctor**

The course will take place every Friday afternoon from 1:30 – 4:00, March 13 to April 24 at the RCAC

All participants will receive a free copy of the manual *Living a Healthy Life with Chronic Conditions*. Pre-register at 905-885-2626 or 905-885-2228. or phone 866-971-5545



**NORTHUMBERLAND
SENIOR GAMES
May 1 – May 29
Open competition for Seniors
55+**

Euchre, Bridge, Bid euchre, Swimming, Walking, 5-pin Bowling, Cribbage, Bocce, Carpet Bowling, Horseshoes, Golf, Floor Shuffleboard, Tennis, Lawn Bowling and Darts. \$5 per event or \$10 unlimited. Contact Amy at 905-885-2228 for info.

COMING ON MARCH 6



EAT WELL AND FEEL GREAT!

Join us at the Centre as Sarah Tsang, a Registered Dietician, talks about the right foods to fuel an active lifestyle.

Mark your calendar for this session from 12-12:30 pm March 6

More info from Amy at 905 885-2228

The Most Dangerous Cake in the World—and it comes in a mug!

Thanks to Bee Makepeace for once again providing a different and interesting recipe for Silver to share with readers:

FIVE MINUTE CHOCOLATE MUG CAKE

4 tbsp flour 1 egg
2 tbsp cocoa 3 tbsp milk
4 tbsp oil splash vanilla extract
3 tbsp chocolate chips (optional)
Very large coffee mug

Add dry ingredients to mug and stir, then mix in egg. Pour in milk and oil and mix vigorously. If using them, add chocolate chips next and follow with vanilla. Put mug in microwave and cook for 3 minutes on high. Cake may rise over top of mug, but don't be alarmed. Cool for a few minutes and tip out onto plate. If living dangerously, serve with scoop of ice cream.

Why is this the most dangerous cake? Because you are never more than 5 minutes away from chocolate cake at any time of the day or night!

FREE TAX CLINIC

Saturday March 14 9 –11 am

For seniors with incomes under \$19,000

Bring last year's tax return with you

These services donated by local accountants

Call Amy at 905-885-2228 for more info

**ALSO SPECIAL THANKS TO RCAC'S
GEORGE WALLER WHO HAS
VOLUNTEERED TO HELP OTHER
MEMBERS WITH THEIR TAXES THIS
YEAR. GEORGE WILL EVEN MAKE HOUSE
CALLS! PHONE AMY FOR DETAILS 905-
885-2228**

**HOLY BOOTS AND SUSPENDERS, GET A
MOVE ON!**

During March there will be fire drills in the Ruth Clarke Centre, so be prepared to vacate the building from time to time. One day, fire readiness could save your life!

