

# Silver



September 2009 – Volume 1, Number 5

**THE NEWSLETTER OF THE RUTH CLARKE CENTRE FOR SENIORS**

**81 Mill Street South, Port Hope, Ontario L1A 2S8**

**905 885-2228**

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## *The best time of the year!*

We first noticed the days were getting decidedly shorter in early August. So, as we rapidly lose our lovely, long summer evenings, there's all the more reason to get the most out of the golden days of fall. Summer blooms have withered—but fall mums and asters compensate. In September, the quality of light begins to change. September/October skies have that rich, intense blue so perfect for framing the changing colors of the trees. Many days resemble Van Gogh paintings—vivid and intense. These cooler days are the best time for taking a stroll—so get out there and enjoy our beautiful town!

Some of you have asked how Norma Jean, the mourning dove that nested in my spider plant, is doing. Well, I like to think I see her every day in the group of mourning doves that hang out under my bird feeders in the back yard. She did hatch two babies and I managed to get some great pictures. Several included her mate—unusual to see. However, a local cat took to hanging out in the vicinity—smacking his tail against the porch railing and salivating on the cement.

One morning, the dove family was gone. They had moved to some unknown location up and over the roof. Several times over the summer, I saw two younger, darker-shaded doves in with the group in the back, so I'm pretty sure they survived.

As I write this, Audrey McGilvray has a mourning dove nesting in a hanging plant on her apartment balcony. Audrey was very concerned, because her place faces east and the balcony gets pretty hot in late morning. Apparently the dove gets so warm in the sun, she starts to pant. But the upstairs neighbor offered a solution: she hung a sheet down from her balcony to Audrey's, shading the dove from the worst of the sun. As I write this, there's no news of egg hatchings—but Audrey's hoping for new-feathered neighbors soon.

*Anastasia Erland*

## **Portrait of a Young Man**

### **WE HAVE A WINNER!**

The voice chants, "O 75." The bingo players chorus with a roar, "No Os!" And Matthew MacDonald-Plummer grins a little sheepishly. The bingo pattern he is now calling truly has no Os, so he quickly calls the next number, an N. Matthew, 18, has been the alternate bingo caller at the Ruth Clarke off and on for some time now. Sometimes he calls alone, sometimes in partnership with Amy MacGillivray.

One thing is for sure, the Ruth Clarke bingo players are very fond of Matthew and he comes in for a lot of friendly joshing. When he recently got his G1 license, the place erupted in cheers. Matthew is a rarity in bingo calling—someone who doesn't have annoying vocal mannerisms that get on one's nerves. And his genuine delight when someone wins is infectious.

Matthew first came to the Centre last year as a core placement from Port Hope High School. He helped Amy with several activities. This fall he'll be going back to school for more job experience.

As well his Centre experience, Matthew also worked other placements, including a stint at Blockbuster. He finds bingo calling a little more interesting than stocking shelves, but Matthew also enjoyed the various things he got to do with seniors in the past and is happy to be a volunteer this year.

Matthew hopes for a career allied to sports—perhaps working in a sports equipment store. You can tell from his Celtics cap that he's a big fan of basketball. Mention the Raptors and he lights up. Last year he got to 15 Raptors' home games. Playing video games, riding his bike and swimming are all things he enjoys. The only sport he actually plays is baseball—"a little bit."

Matthew lives with his parents and his younger sister. His elder brother recently married. “So I have a new sister now,” he beams. “My dad works at Shopper’s Drug Mart and my mom is a teacher. When I was younger, Amy babysat my little sister and I.”

In his spare time, Matthew likes to watch sitcoms like *Two and a Half Men* and *The Simpson’s*. He’s not into cop or CSI shows. He also likes comedy films like *Marley and Me*.

You can often see Matthew making his way home on foot from the Centre to Ravine Drive. But don’t call out to him, he won’t answer. The headphones are a dead giveaway that, like every other teen, he’s in a world of his own.

And for Ruth Clarke members, he’s in a class of his own!

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### From the *Silver* Test Kitchens...

We get many submissions of recipes and tips from members. We ask that you only send in recipes that you have made yourself and can vouch for. Nor can we run any of the tips unless they have actually been tried. As well, we don’t take responsibility for variations in recipe outcomes. If you burn the bottom, you’re on your own.

Recently one of our members passed on a circulating email that caught our attention. It was about the dangers of baby carrots and was purportedly from a person at Health Canada. If you’ve seen this email, it’s bogus. *Silver* called both the person at Health Canada and a producer of baby carrots and here’s the real deal:

Quite right, baby carrots do NOT come out of the ground that round and that smooth. They are processed to make them uniform. But they are all carrots of a certain young age—the age when they are the sweetest. And, yes, they do come in contact with chlorine. But in their case, mild chlorine/water wash solution. The white covering that you sometimes see on baby carrots is due to their nature as a root vegetable rather than resurfacing chlorine. They are quite safe to eat. Probably safer than some drinking water in areas where they use a lot of chlorine. A little soak in ice water will generally remove the whiteness in no time.

Most “facts” you get by email as well as those heart-warming stories of people triumphing over adversity, are, for the most part, fakes. **If you ever want to check any of this out on the internet, go to Snopes.com. It’s amazing how much junk is being circulated as fact.**

Here’s something different to add to your Thanksgiving feast:

### DOUBLE LAYER PUMPKIN CHEESECAKE

4 oz cream cheese  
1 tbsp milk or half and half  
1 tbsp sugar  
1 1/2 cups cool whip  
1 graham cracker crust

Mix softened cream cheese, milk and sugar in large bowl And whisk until smooth. Stir in cool whip and spread mixture into crust.

1 c milk or half and half  
2 pkgs vanilla instant pudding  
1 tsp cinnamon  
1/2 tsp each of ginger and cloves  
16 oz can pumpkin pie filling

Pour milk into large mixing bowl and add pudding. Whisk until well blended. Stir in pumpkin and spices and spread over cream cheese mixture in crust. Spread a layer of plain cool whip on top and refrigerate for 3 hours. Slice and serve. *Doreen Reeves*

### COOK-IN-THE-PAN MICROWAVE BROWNIES

1/2 c butter or margarine cut into pieces  
6 tbsp cocoa powder  
3/4 c sugar  
2 large eggs  
2 tbsp milk  
1 tsp vanilla  
2/3 c all-purpose flour  
1/2 tsp baking powder  
1/4 tsp salt  
1/2 cup chopped pecans or walnuts

Put butter and cocoa in 8 x 8 glass baking dish and microwave uncovered at 30-second intervals until melted. About 1 1/2 minutes.

Stir well and mix in sugar. Stir well again and then add remaining ingredients. Mix well, especially in corners. Smooth top evenly. Microwave, uncovered on high power until top is no longer wet—5 to 6 minutes. Rotate dish 1/2 turn after 3 minutes.

Put baking dish directly on heatproof surface and let sit for 10 minutes. This will complete cooking. When completely cool, use sieve to sprinkle icing sugar on top. Cut into 16 squares. This is the fastest recipe ever for making brownies and the easiest clean-up.



To a young friend

What will you do oh! innocent child?  
Your future is yours to mold.  
Gazing around in wonder, child,  
watch your years unfold

From these old hands I pass to you  
my old world tired and worn  
complete with hate and prejudice  
my hopes all battered and torn.

Lift your eyes and light a fire,  
a fire of hopes and dreams.  
Send out a call for brotherhood  
and the end to tyrants' schemes.

Always remember your fellow man  
at home or across the seas  
searching for that rainbow's end  
that eluded your father and me.

*John Riddell  
Port Hope  
8/7/09*

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### The Ralph Woodhouse Painting

In this 1969 painting, recently donated to the centre, by the artist, Ralph Woodhouse departed from his usual black and white sketches to paint in oil. He copied a Frans Hals from 1600s, and painted in the faces before he did the background lest he couldn't capture them in this new medium. Rather than Hals faces, Ralph painted people he knew—his grandfather, uncles and some locals. The man far right is a younger G. Footitt, treasurer of Cobourg and next to him is Old Man Tate of Tate's Beach in Bewdley. There is also a physical mistake in the painting to challenge viewers. Ralph loves to point out the bubbles in the beer and also hopes Ruth Clarke card players and members enjoy the painting. **Thank you, Ralph, we certainly do!**

## Bulletin Board

**Office closed Labour Day.** There will be no activities running today.

**Do something for the inner You. Sign up for Soul Spa on September 11!** This all-day program sounds like a wonderful opportunity to renew and reinvigorate through Yoga, Pilates, presentations, meditation, memory exercise and much, much more. Reserve now by contacting Amy at 885-2228. All this for a special price of \$40.

**NOTE! For Soul Spa only, Social Singles and Fitness Frenzy will be held downstairs on September 11.**

**Tai Chi returns!** After spending the summer outdoors, our Tai Chi'ers resume sessions in the Centre on Tuesday, September 15<sup>th</sup>. Mornings begin at 9 am for continuing, followed by Intermediate at 10 and beginners at 11. You don't even have to do Tai Chi to enjoy the gentle music and beautiful movements the participants make as they follow through the patterns. It's lovely just to sit and enjoy the ambience! Welcome back!

**Not to be missed! Monday, September 14 is our BBQ and Potluck Lunch—followed by a General Meeting.** This is always a fun event! Our Social committee knows how to do BBQ! And this is an opportunity to vote on our revised Constitution at the meeting afterward. Sign-up sheets are all around, but please call Amy at 885-2228 if you need more info.

**Osteoporosis Support Group Friday, September 18.** You're invited to attend the next meeting of this group at 10 am in St. Peter's Anglican Church, Cobourg. This month's topic is Nutrition.

**How to Green up your home!** Come join this seminar on how to make your home a healthier, greener environment. Bonnie McCool helps you cut costs, reduce health risks and become a more informed consumer. Plus take home materials provided. Registration is \$15. Friday September 18<sup>th</sup>! Call Amy at 885-2228.

**Lunch Bunch – our monthly super social! Monday September 21, 12 noon.** This regular gathering provides lunch, dessert and beverages for just three bucks. Plus a chance to win a free lunch next time! Meet your friends and catch up on all the latest comings and goings. You must pre-register. Call Amy 885-2228.

## The Gift Basket

Thanks to everyone who contributed, our big gift basket raised \$83 for the library. In real terms, that's the cost of three new books for the shelves. We had a nice note of thanks from Carolyn Ray, Chair of The Friends of the Library, who is also a participant in one of our fitness sessions.

Bill Lanktree was the lucky man who took the gift basket home!

Watch for further news about baskets. The Busy Hands folks are making decorated baskets to sell and we will also be filling some of these with interesting themed items with gift potential.

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## Getting things done!

*One of our members is just wowed by the help she got from Community Care when she needed someone to do some home repairs. "The man who did the work was very knowledgeable and personable. He discussed everything with me and gave me what I know was an extremely fair price. Everything was done professionally with no fuss and was just what I wanted. So refreshing in this day and age when many workmen don't deliver what they promise."*

*Community Care can also provide reliable and safe home help or help with yard work.*

*Call Pat Gagnon at 905-885-9860 for more information or to book the help you need.*

## Driveway Sealing

If you didn't get a chance to seal your driveway this summer and want to get it done before winter, this company comes highly recommended. They did a whole Port Hope neighborhood in July and customers are quite happy with the work. Call Driveway Sealing+ in Cobourg at 905 377-1845. Ask for Bill or Hermina.

## BE A GROWN-UP—DO IT YOURSELF!

Some of the people at the Ruth Clarke Centre have a funny idea of democracy. They think someone else should clean up after them or they find it too difficult to fetch things themselves. Please clean up after you use the facilities. Do not leave lids off of containers or dirty china or Styrofoam cups lying around. Clean, put away, toss or otherwise dispose of messes. And never, ever say it's not your job! It is, it's up to all of us!

What all members should know about the proposed Ruth Clark Activity Centre Constitution Changes

For the past four months, Vice President Bernice Makepeace and members Sandra Bolton, Anne Niblett and Betty Collins have been working diligently with Amy MacGillivray and Brenda Whitehead to review our Constitution. They will review recommended changes with each social group the last week in August. At the General Meeting on September 14, members will have the opportunity to vote on acceptance of the changes.

### Why change things?

The Constitution is reviewed every year but has not been updated recently. However, membership in the centre has greatly increased and so has the number of programs. Consequently, there are now more areas of responsibility.

### Suggested changes...

- Name change: from The Ruth Clarke Activity Centre Social Club to The Ruth Clarke Activity Centre Seniors Club. The Social Committee to become The Advisory Board
- A Police check for all members who have an area of responsibility. This is a policy of The Municipality of Port Hope. The checks will be paid for by the Ruth Clarke Centre Seniors Club
- The new board will drop 2 positions and in future consist of chair, vice chair, treasurer, recording secretary, correspondence secretary, three directors and past chair (ex officio)
- All members have a vote. However, the board itself will decide board positions. Nomination ballots must have seconders and be signed by both nominee and seconder. Elections will be yearly in October from first Monday to first Friday. Four positions will be contested every year. Any member in any location can run for the board.
- Advisory board members will be expected to contribute to at least one committee
- Annual memberships will be valid September 1 to August 31.

Feedback on these proposals is welcome. Come to the meeting on September 14 or use the suggestion box.

## THE TRIP OF A LIFETIME

**By Bee Makepeace**

When my husband Art and I heard about the D-Day 65<sup>th</sup> Anniversary Tour, we decided it sounded very interesting. And since we were young when World War II started, we thought we'd like to visit some of the battle sites. Verstraete Travel offered the tour and our host was John Hetherington. John is a history teacher in North Bay and I'd have to say he was the best tour guide we have ever had in our many travels.

We left Toronto on June 2 and returned on June 10. The first few days we visited sites of World War I. Our first stop was at Avril Williams Cellar Dressing Station. In 1992, the owners discovered tunnels leading to the basement. After doing some research they found that it was here wounded soldiers were brought and attended to before returning to the front lines or elsewhere.

From there we went to Beaumont-Hamel Battlefield Memorial Park. On the first day of the Battle of the Somme, many Newfoundlanders lost their lives there. The memorial is high on a knoll and has compass points directed at various cities and countries with the distances marked. We were very moved by the story of this battle.

We visited many Commonwealth cemeteries and found every grave well looked after. Each plot has different flowers in bloom. Many of the graves were marked Unknown Soldier. One grave was of a young lad just 16 years old. Pretty scary to realize some were so very young.

On our second day we visited Vimy Ridge. We found the battlefield where one major encounter took place to be quite small. You could throw a ball quite easily between the Canadian and German lines. The underground area is well preserved and gave us so much information about the troops and how messages were relayed. A short distance away we saw the huge Vimy Ridge monument. It was designed by a Canadian and was recently cleaned and repaired. Truly beautiful.

Not only did we visit Canadian cemeteries, we also went to the Neuville St. Vaast German cemetery. In this huge place, German soldiers were buried four to a plot. These were marked with Iron Crosses with a soldier's name on each arm of the cross, front and back.

The next day we visited sites of the Second World War. Our stop at Dieppe was, again, a very moving experience. It was here that some of the men from my hometown of Warkworth lost their lives. It was easy to see why the soldiers didn't have a chance of landing safely. Because of his heroic action here, Major Foote (a former Minister of St. Paul's Presbyterian Church in Port Hope) was later given the Victoria Cross.

We attended two ceremonies in France. The first one was at Bernières-sur-Mer (near Juno Beach) where Prime Minister Stephen Harper spoke. Oddly enough, we ran into him in the morning when we went to a Canadian cemetery. We were stopped and not allowed to enter because he was there. However, our guide would not accept this refusal and told one of Harper's aides that we had veterans who had lost close comrades who were buried there. We soon received word that we could go in and that Mr. Harper wanted to meet our veterans. He spoke to many who were on our bus.

Our second ceremony was on the following day at Courseulles-sur-Mer, another site of the Juno landing beaches. Needless to say, there were many busloads of veterans and families attending. Our Minister of Veterans Affairs was the speaker. He doesn't speak French, so someone else provided a translation.

We saw so much related to both wars and learned so much that I would have to say it was one of the best trips Art and I have taken.

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## Computer courses every Monday and Thursday at the Ruth Clarke Centre

Learn all about Microsoft Word,  
how to send emails and attach  
pictures, surf the net and much,  
much more

**8 classes for \$60**  
**Limited to 8 students per class**  
**1:30 -2:30 Monday and Thursday**

REGISTER NOW  
CONTACT AMY AT  
905 885-2228

**ON SEPTEMBER 14 JOIN US AT THE  
RUTH CLARKE CENTRE'S**

Coffee Break Fundraiser for  
the Alzheimer's Society  
**FREE COFFEE FOR EVERYONE**  
YUMMY TREATS AND MORE INFO ON  
ALZHEIMER'S

All donations gratefully received!  
**This event runs ALL DAY!**

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Get those toes tapping right onto the  
bus!

**Ruth Clarke meets Lord of the  
Dance!**

Join us at Rama for this show on  
Friday October 16<sup>th</sup>  
Tickets are only \$5  
And include bus, show and buffet

Of course, there'll also be time  
to get those slots a'spinnin'  
Bus departs Gilmer's Home Hardware 8:15 am  
and returns at 5 pm. Only 20 tickets available.  
Call Amy now to reserve 885-2228

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**HEY ALL YOU OLD CHESS-NUTS!**

The Ruth Clarke has the perfect  
ambience for a challenging game of  
chess

Take on a challenger downstairs  
every Tuesday morning at 10  
Grab a coffee and sit down to play  
for an hour or two  
Call Amy at 885-2228 for more info

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**Ruth Clarke Centre BBQ  
and Potluck**

**September 14<sup>th</sup> at 12 noon**

We will provide hamburgers and hot dogs,  
members are asked to bring salads or  
desserts. General Meeting follows lunch.  
This one is important—we'll be discussing  
the Constitution. Call Amy 885-2228

On September 18<sup>th</sup> from 10-12 noon join  
the

**GREEN STEPS WORKSHOP**

At the Ruth Clarke  
You'll learn how to make your home  
a healthier, greener environment  
and how to:

- Cut costs
  - Reduce health risks
  - Become a better informed  
consumer as well as make your  
own cleaning and freshening  
products to take home!
- Refreshments will be served and  
tips shared

**Join presenter Bonnie McCool, B.A., B.Ed.**  
**Call Amy to register at 885-2228 \$15 fee**

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**Soul Spa: The Retreat for Your Inner  
Self**

**Friday, September 11 - 9 'til 4**

A special program to help you enhance  
the aging process, find meaning and  
purpose in life and...have fun!

Learn skills and habits to minimize  
stress and maximize memory. Make space  
for yourself, your creativity, your  
needs and your interests  
Yoga and Pilates will be offered

Don't waste the gift of longevity our  
generation has inherited. Soul Spa will  
show you how to delay the onset of  
dementia, find meaning and purpose in  
life and manage stress..

Soul Spa is the perfect gift to give  
yourself—and share with friends.

Space is limited so reserve now. \$40  
for the session  
Call Amy at 885-2228 to sign up. Do it  
today!

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**BUSY HANDS**

**√ SEPTEMBER 14 NEW TIME AND DAY**

**Still downstairs in the same room but  
now starts 2 pm on Mondays See you  
there! Call Amy for more info.**

**885-2228**

**Happy Birthday to You! Happy Birthday to You! Happy**

**Birthday Dear Ruth Clarke Members!**

**Happy Birthday to YOU!**

<i>Marion Brown</i>	<i>1st</i>
<i>Joyce Prince</i>	<i>1st</i>
<i>Allan White</i>	<i>2nd</i>
<i>Harold Wakely</i>	<i>3rd</i>
<i>Pat Monteith</i>	<i>5th</i>
<i>Peggy Ham</i>	<i>6th</i>
<i>Bonnie Patfield</i>	<i>7th</i>
<i>Bonnie Smith</i>	<i>7th</i>
<i>Lloyd Chown</i>	<i>8th</i>
<i>Elizabeth Praamsma</i>	<i>9th</i>
<i>Eileen Stapleton</i>	<i>9th</i>
<i>Gladys Andrus</i>	<i>10th</i>
<i>Bill Austin</i>	<i>10th</i>
<i>Barbara Moorcroft</i>	<i>10th</i>
<i>Doreen Sproule</i>	<i>10th</i>
<i>Helen Daimon</i>	<i>11th</i>
<i>Audrey Friar</i>	<i>12th</i>
<i>Jim Phillips</i>	<i>13th</i>
<i>Shirley Harrison</i>	<i>16th</i>
<i>Brenda Forbes</i>	<i>17th</i>
<i>Mary Deschamps</i>	<i>18th</i>
<i>Bryan Sherry</i>	<i>19th</i>
<i>Thelma Talbot</i>	<i>19th</i>
<i>Stephen Snell</i>	<i>20th</i>
<i>Joan Macklin</i>	<i>21st</i>
<i>John Riddell</i>	<i>21st</i>
<i>Grace Lees</i>	<i>22nd</i>
<i>Ruth Scott</i>	<i>22nd</i>
<i>Don Newington</i>	<i>22nd</i>
<i>Elizabeth Perry</i>	<i>23rd</i>
<i>Susan Gaudion</i>	<i>25th</i>
<i>Curene MacGillis</i>	<i>25th</i>
<i>Joyce Lees</i>	<i>26th</i>
<i>Diana Cowie</i>	<i>27th</i>
<i>Vivian Foster</i>	<i>27th</i>
<i>Shirley Talbot</i>	<i>28th</i>
<i>Ron Reynolds</i>	<i>29th</i>
<i>Catherine Scott</i>	<i>29th</i>
<i>Sylvia Cappler</i>	<i>30th</i>

## **Congratulations Ruth Clarke Members!**

**Together, we raised \$710.56  
at our recent yard sale!**



**This money was donated to  
the Port Hope Youth Skate  
Park!**



**A very special thank you to  
the following people for going  
above and beyond for us, yet  
again!**

**Thank you so much....**

**Doreen Reeves, Jack Reeves, Margaret Peacock, Betty Walsh, Marie Donnell, Dolores Comar, Betty Beharry Lail, Betty Collins, Sandra Bolton, Pat McLaughlin, Dieter Frank, Brian MacGillivray, The Bingo Group, Mary Deschamps, Ricky Kehoe, Karen O'Hara, Jeff Lees, Marie Skillen, Shirley Talbot, Joan Ferrier, Rae Polutnik, Matthew MacDonald-Plummer, Anastasia Erland, Isobel Pankhurst, Rose and Lawrence Smith, Joan Fisher, John Fisher and all of the members who donated items to sell. Thank you sooo much!**

Thank you to THE TOWER OF PORT HOPE for providing  
the dessert to our monthly Lunch Bunch!!!!

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Line Dancing will be starting up again on Wednesdays! Start Date will be posted ASAP!		1 10am Chess 10am Busy Hands 1pm Morrish Institute 1:30pm Bingo	2 11am Fitness Frenzy 1pm Bid Euchre 7pm Evening Bingo **** last night!	3 1pm Texas Hold Em 1pm Bridge	4 11am Fitness Frenzy 1:15pm Canasta 2pm Social Singles 7pm Open Bid Euchre, everyone welcome!	5 7pm Open Euchre Party <i>Everyone welcome</i>
6	7 <b>LABOUR DAY</b> <b>CENTRE CLOSED</b>	8 9:15am Darts <b>9:30am Committee Meeting</b> 10am Chess <b>** no class today for "Busy Hands"</b> 1:30pm Bingo	9 11am Fitness Frenzy 1pm Bid Euchre	10 9:15am Darts 1pm Texas Hold Em 1pm Bridge	11 <b>9am – 4pm Soul Spa</b> 11am Fitness Frenzy 1:15pm Canasta 2pm Social Singles	12 7pm Open Euchre Party <i>Everyone welcome</i>
<i>Be sure to pop by the centre on the 14<sup>th</sup> to come to our "Coffee Break" fundraiser for the Alzheimers Society!</i>	14 11am Fitness Frenzy <b>12pm BBQ, Pot Luck, General Meeting</b> 1:15pm Euchre 2pm Busy Hands <b>** new date &amp; time!</b>	15 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	16 10am Line Dancing 11am Fitness Frenzy 1pm Bid Euchre	17 9:15am Darts 1pm Texas Hold Em 1pm Bridge	18 <b>10am – 12pm "Green Steps" workshop</b> 11am Fitness Frenzy 1:15pm Canasta 2pm Social Singles 7pm Open Bid Euchre, everyone welcome!	19 7pm Open Euchre Party <i>Everyone welcome</i>
20	21 11am Fitness Frenzy 12PM Lunch Bunch 1:15pm Euchre 2pm Busy Hands	22 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	23 10am Line Dancing 11am Fitness Frenzy 1pm Bid Euchre	24 9:15am Darts 1pm Texas Hold Em 1pm Bridge	25 11am Fitness Frenzy 1:15pm Canasta 2pm Social Singles	26 7pm Open Euchre Party <i>Everyone welcome</i>
27	28 11am Fitness Frenzy 1:15pm Euchre 2pm Busy Hands	29 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	30 10am Line Dancing 11am Fitness Frenzy 1pm Bid Euchre			

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