

# North West Edmonton Seniors Centre Insider News - October, 2023

12963 - 120 Street NW  
Edmonton, Alberta  
T5E 5N8



Ph: 780-451-1925  
Monday to Friday  
8:00 - 4:00

Where Friends Meet on 120<sup>th</sup> Street

Visit us on Facebook : <https://www.facebook.com/NWESSEvents> or our Website: [www.nwess.ca](http://www.nwess.ca)

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## IMPORTANT DATES SEE INSIDE FOR MORE INFO

- Sunday, October 1<sup>st</sup>**  
Pancake Breakfast - 10:00
- Tuesday, October 3<sup>rd</sup>**  
Shane Blakely - Global News - 9:45
- Friday, October 6<sup>th</sup>**  
Birthday Party - 1:30
- Monday, October 9<sup>th</sup>**  
Thanksgiving - Office Closed
- Tuesday, October 10<sup>th</sup>**  
EPL - 9:45  
Foot Clinic - 9:00
- Saturday, October 14<sup>th</sup>**  
Saturday Afternoon Cribbage - 12:30
- Monday, October 16<sup>th</sup>**  
Creative Cards - 1:00
- Tuesday, October 18<sup>th</sup>**  
Sgt. Wilson's Army Show - Noon
- Friday, October 20<sup>th</sup>**  
Games Night & Pot Luck - 5:30
- Sunday, October 22<sup>nd</sup>**  
Televised Event - T.B.D.
- Monday, October 23<sup>rd</sup>**  
Board Meeting - 10:30  
River Cree Bus Trip - 10:30
- Saturday, October 28<sup>th</sup>**  
Fall Bazaar - 9:00

Supported By:













## BOARD MEMBERS

President	Frank Zrim
Vice President	Carrol Richert
Treasurer	Linda Frank
Secretary	Vina Locke
Trustee	Shelley Tupper
Trustee	Anne Worobec
Trustee	Sandy Bilawchuk
Trustee	Dale Conrad
Trustee	Ursula Webber

## COMMITTEES

Building	Frank Zrim, Carrol Richert, Vina Locke, Sandy Bilawchuk
Building Main	Al Hoffman
By-Law & Policy	Frank Zrim, Vina Locke, Sandy Bilawchuk, Ursula Webber
Communications	Frank Zrim, Shelley Tupper, Kerry Diotte
Finance/Fundraising	Frank Zrim, Linda Frank, Carrol Richert, Kerry Diotte
Membership	Frank Zrim, Dale Conrad, Kerry Diotte
Nominating	Frank Zrim, Carrol Richert, Linda Frank, Vina Locke,

## STAFF

	Hours
Administration - Patty Royea <a href="mailto:admin@nwess.ca">admin@nwess.ca</a>	8:00 - 4:00
Kitchen - Susan Kakeesim <a href="mailto:info@nwess.ca">info@nwess.ca</a>	9:00 - 3:00
Custodian - Sam	8:00 - 4:00

## PROGRAM LIAISONS

Billiards/Pool	<b>VACANT</b>
Bingo	Delores Heck
Birthday Party	Ursula Webber
Bocce	Vicky & Mike Dolynny
Canasta	Liz Tarkowski
Creative Cards	Valerie Granoien
Cribbage	Florence Meronowich
Cribbage Eve	Ed Biedrava
Dine Out	<b>VACANT</b>
Drama Club	Joyce Ruptash
Euchre	Linda Frank
Fit For Your Life	Ursula Webber
Floor Curling	Colleen Funk
Floor Shuffleboard	Vicky & Mike Dolynny
Fun & Fitness	<b>VACANT</b>
Fundraising Sales	Bernice Herbert
Games Night	Linda Biedrava
Jam Session	Betty Simpson
Jammers	Dave Chabillon Al McKort
Pancake Breakfast	Delores Heck & Jim Paris
Pickleball	Judy & Dale Conrad
Quilting	Sonia Barton
Rag Bag Crafters	May Brooks
Sat Aft Cribbage	Linda Biedrava
Shuffleboard	Al Hoffman
Televised Events	Jim Paris
Whist	Florence Meronowich
Wool Crafters	Linda Biedrava
Yoga	Gil Gagne

## LIFE MEMBER GUIDELINES

### *Qualifications for a Lifetime Membership:*

- Be an active member for 15 years or more
- Be 70 years of age or older
- Have contributed exceptional service to the North West Edmonton Seniors Society
- Be nominated by a fellow member. They must submit a letter of recommendation outlining the exceptional service they have given to the North West Edmonton Seniors Society.

**2 Life Memberships are selected yearly.  
Nominations will be accepted on or before January  
31<sup>st</sup> each year.**

## MEMBERSHIPS

The cost of a NWESS membership is  
\$35.00 for the calendar year -  
January 1<sup>st</sup> to December 31<sup>st</sup>, 2023

All persons under the age of 55 may join as  
an associate member and does not have  
voting rights.

**Sign up today at the office!**

## President's Message

Welcome October! I am reminded of the words from John Burroughs that read "How beautifully leaves grow old. How full of light and color are their last days." Something magical happens in October, our country is transformed into a golden wonderland, leading to Halloween. With Thanksgiving on October 09, the season of thankfulness and gratitude is also beginning. Let each falling leaf represent something you are thankful for.

October will bring us the following events:

1. Pancake Breakfast – October 01.
2. October Birthday Party – October 06.
3. Cribbage Tournament – October 14.
4. Sergeant Wilson's Army Show – October 18.
5. Fall Bazaar – October 28.

NWESS Committees and Board will be involved with the following:

1. City of Edmonton: After an extremely busy September for all, it was determined that October would provide a better opportunity to meet.
2. NWESS Website and Social Media: Final logistical requirements are close to completion. On line payment options for programs, events and membership will also be offered.
3. NWESS Payment Options: We are pleased to offer payment by debit and credit card for purchases.
4. NWESS Policy & Bylaws: The process of revising our policy manual and society bylaws will commence. This process will take a number of months.
5. Area 1: I will be attending the monthly meetings.

September generated an energy at the Centre as all our programs were offered. Welcome to all the new members that have joined and are participating in our programs and events. I would like to extend my extreme gratitude to all the organizers and volunteers that helped to make our events a resounding success in September. Congratulations to all involved with our 2 tournaments held in September. The Cribbage Tournament had 18 tables of participants and a wonderful lunch was enjoyed by all in attendance. The Alberta Floor Curling Tournament comprised of 24 teams from Northern Alberta and was enjoyed by all curlers. This tournament provided great exposure for our upcoming events as well as membership opportunities. I encourage all members to attend and invite friends to the October Pancake Breakfast, the Sergeant Wilson's Army Show and the Fall Bazaar. I leave you with the following thoughts:

1. What do you use to mend a jack-o-lantern? A pumpkin patch!
2. And in the end, it's not the years in your life that count, it is the life in your years. – Abraham Lincoln.
3. Be happy! It really annoys negative people. – Ricky Gervais
4. For every minute you are angry, you lose sixty seconds of happiness – Ralph Waldo Emerson.

Enjoy Thanksgiving and Halloween!

Thank you,  
Frank Zrim  
President

## SAVE THE DATE



**Friday, November 3<sup>rd</sup>**  
Birthday Party - 1:30pm



**Sunday, November 5<sup>th</sup>**  
Pancake Breakfast - 10:00am



**Monday, November 6<sup>th</sup>**  
Board Meeting - 10:30am



**Friday, November 10<sup>th</sup>**  
Fashion Show - Noon



**Sunday, November 12<sup>th</sup>**  
Pinty's Curling - TBD



**Monday, November 13<sup>th</sup>**  
Remembrance Day - Office  
Closed - Service/Activities @  
Calder Community League



**Tuesday, November 14<sup>th</sup>**  
EPL Armchair Travel-9:45am



**Tuesday, November 14<sup>th</sup>**  
Foot Clinic - 9:00am



**Friday, November 17<sup>th</sup>**  
Games Night/Pot Luck - 5:30pm



**Saturday, November 18<sup>th</sup>**  
Cribbage -12:30pm



**Sunday, November 19<sup>th</sup>**  
Grey Cup - T.B.D.



**Monday, November 20<sup>th</sup>**  
River Cree - 10:30am



**Monday, November 20<sup>th</sup>**  
Creative Cards - 1:00

## NEWS



### CODE OF CONDUCT

While attending the North West Edmonton Seniors Centre, the following will apply:

Everyone will be protective of the safety, well being, and goodwill of the members, visitors, staff and the Centre as a whole.

Everyone will refrain from participating in any action(s) that disrupts or disturbs the morale, efficiency, safety, or normal operations of the organization.

Everyone will conduct themselves in a respectful manner when dealing with staff, members, and visitors.

No verbal attacks will be tolerated.  
Racial discrimination will not be tolerated.  
No sexual harassment will be tolerated.  
No physical attacks will be tolerated.

Anyone witnessing violations of the above code should write a letter of complaint with, when possible, two witnesses.

Submit your letter to the President or Executive Director.

A letter of warning will be issued to the offender on the first offense. Failing to change said behaviour following the letter of warning could result in a suspension or a retraction of membership.

Approved by the Board  
October, 2015





*"Chase The Ace"*

WINNERS

September 7<sup>th</sup> - \$34.00 -

Liz Tarkowski

September 14<sup>th</sup> - \$\$28.00 -

Frank Zrim

September 21<sup>st</sup> - \$26.00 -

Dave Sawatski

September 28<sup>th</sup> - \$26.00 -

Hal Jorgensen

Pot is at \$568.00

October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>.

**Saturday Afternoon Crib**

**September 9<sup>th</sup>, 2023**

1<sup>st</sup> - \$60.00 - Gwen Christenson &  
Annie Mysliwec

Tie For 2<sup>nd</sup> - \$50.00 -  
Jim Burke & Frank Zrim  
Germaine Nault & Cecila Mazigchuk

Door Prizes - Holly Mearns, Josie Panas,  
Marilyn Waddall & Jim Burke

Skunk Pot - \$6.50 - Beverly Thornton

19 Pot - \$26.75 - Mary Romaniuk

50/50 Raffle - \$75.50 =Joyce Haley

See you all again on October 14<sup>th</sup> and  
**PLEASE COME WITH A PARTNER**

Submitted by: Linda Biedrava



**FUN & FITNESS ALL YEAR LONG**

Come on seniors sit or stand  
Use a weight or use a band  
Use a ball and stretch a bit  
To keep healthy and keep fit  
Fitness is what we all can do  
Come join in - it's good for you.

Every Tuesday @ 11:00

Only \$2.00 per session.

**HOPE TO SEE YOU SOON!!!**

**CROSS STITCH**

We have a wide variety of cross stitch  
patterns, aida cloth & linen for sale.

If you are interested in any of these  
items please come & see us.

Thank You







OUR KITCHEN  
is open from 9:30 to 3:00  
Monday to Thursday  
Stop in for some delicious home-  
made soup and a sandwich.

Lunch is served  
from  
11:30 to 1:30.  
The staff will be glad  
to serve you.



**DECEMBER  
17<sup>th</sup> & 18<sup>th</sup>.**

**Thank You so much for  
volunteering BUT  
we still need spares. Please  
consider and volunteer.**

**Thank You  
Carrol Richert**



**Fitness For Everyone**

3 different fitness classes are offered at NNESS. They all are geared to seniors and focus on maintaining flexibility and individual fitness levels.

**YOGA** - Sessions usually span 3 months at a time. Classes are once per week: Monday mornings 9:00 to 10:30 am.

**Fit For Your Life** - Sessions usually span 2 months at a time. Classes are twice per week: Wednesday and Friday 9:30 to 10:30 am. Classes incorporate the use of light hand weights, small fitness balls and fitness bands or tubing as well as some cardio.

**\*\*Please note:** the cost for both Yoga and Fit For Your Life sessions are determined by the number of participants in each session.

**\*\*If there is room available in a session, anyone can start mid session and the cost will be prorated by the number of classes remaining in that session.**

**\*\*As with other activities at the centre, if you would like to try out a class or program but don't know if it would be a good fit, the first time is free.**

For more information, please call 780-451-1925.

**Alberta Floor Curling @ NWESS**  
**September 22<sup>nd</sup>**

On Friday, September 22 we had 24 teams turn up for the tournament. Everyone had a great time.



Anselmo - September 6<sup>th</sup>  
2nd Place



Westlock - September 19<sup>th</sup>  
1st Place



Bawlf - September 21<sup>st</sup>  
4th Place



1<sup>st</sup> Place - Kinsella



2<sup>nd</sup> Place - Jarvie



3<sup>rd</sup> Place - Bawlf



4<sup>th</sup> Place - NWESS

A special thanks to Frank Zrim and his company for supplying the food for the tournament. Thank you to ALL those who helped. Dale, Judy, Frank, Susan, Bernice, Phyllis, Ursula, Joyce, Sam, Patrick, Colleen who looked after getting the goodies. Thanks Patty for all your help. Submitted by: Carrol Richert



## NEWS

### PLEASE NOTE

There will be no Bingo on  
October 17<sup>th</sup>.

Sgt. Wilson's Army Show will be here.

Don't forget to get your tickets before  
October 13<sup>th</sup>.

**Happy Days Are Here Again!!**

### \*\*\*\*BRIDGE - Thursdays @ 11:30\*\*\*\*

We have a group of bridge players that will be  
playing in the atrium every Thursday starting  
on October 12<sup>th</sup>. Come and check it out.



Wellness Information  
Session  
9:45am on Tuesday

### **PLEASE NOTE**

Our Wellness Information Sessions  
will be cancelled for the interim.

We apologize.

## UPCOMING EVENTS

*EVERYONE  
WELCOME*

### Pancake Breakfast



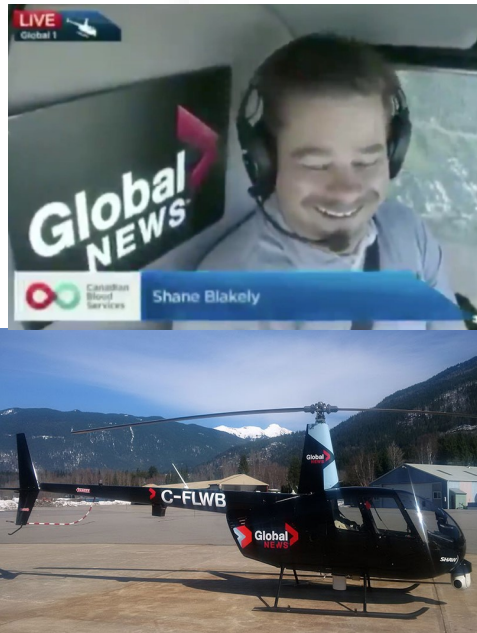
*Sunday, October 1<sup>st</sup> - 10:00 to Noon  
Pancake, Scrambled Eggs, Sausage or Ham &  
Beverages*

*\$8.00*

*Great Food. Great Friends and Great Times.  
Everyone Welcome*



# UPCOMING EVENTS



**Tuesday, October 3<sup>rd</sup> @ 9:45**  
**Shane Blakely**  
**Global News - Air Traffic**

I will talk to you about flying over the city since the 1980's and the various things that we see from the air. Everything from traffic problems, weather, festivals and events around the city such as K Days.

I will gladly answer any questions that you might have.

See you then.



**HAPPY BIRTHDAY TO YOU**

**Friday, October 6<sup>th</sup> @ 1:30**

**Entertainment: Jeopardy**

Mary	Ash	Oct 20	Joan	Hutton	Oct 7
Linda	Benediktson	Oct 27	Albert	Hutton	Oct 9
Linda	Bird	Oct 22	Lucilina	Machado	Oct 17
Armand	Cartwright	Oct 22	Joan	MacLeod	Oct 22
Donna	Fleming	Oct 13	Lloyd	Macleod	Oct 7
Gilberte	Gagne	Oct 22	Mike	Maruschuk	Oct 15
Phyllis	Garvin	Oct 27	Rick	Ridden	Oct 9
Joyce	Gerrish	Oct 10	Marion	Saunderson	Oct 17
Theresia	Greke	Oct 5	Janice	Sawatski	Oct 10
Amy	Heeks	Oct 13	Linda	Watt	Oct 23

## UPCOMING EVENTS



*Tuesday, October 10<sup>th</sup>*

*9:45 to 10:45*

*Panama Canal*



Join us as we learn all about the culture, food and history of Panama and dive into the history of the Panama Canal.

Please sign up in the cafeteria or give us a call.

**FEET FIRST** - Monthly Foot Care

Angie is here on

**Tuesday, October 10<sup>th</sup> @ 9:00.**



Call the office or sign up in the cafeteria to book your appointment.

The cost is \$40.00 and please bring your own towel.

## UPCOMING EVENTS

### Saturday Afternoon Cribbage



October 14<sup>th</sup>

Play Starts @ 12:30 pm

\$5.00 per Person

You must bring your own partner  
and join in on the fun.



### *CREATIVE CARDS*

Monday, October 16<sup>th</sup> - 1:00  
\$8.00 Per Person - Includes Facility Fee

**Please bring your own tape runner and cutters.  
Please sign up in the cafeteria.**

Creative cards is a fun get together to make cards from ready made kits. We meet one Monday a month. Our group is a friendly supportive group; and there is always room for more.

Why don't you give it a try? There is no long term commitment,  
You sign up for the classes that fit your schedule.  
to welcome some new faces.



## UPCOMING EVENTS



October 18<sup>th</sup>

*Don't miss out on  
this great concert.*

*It is very  
entertaining.*

*Tickets - \$25.00*

*Doors Open @  
11:30*

*Lunch @ Noon*

*Show starts @ 1:30*

## Games Night & Pot Luck Friday, October 20<sup>th</sup> - 5:30 pm

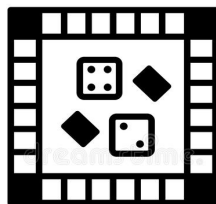
**Game Night**  
Hang Out \* Eat \* Play

**Everyone Welcome**

Bring your favorite dish and join us..

\$2.00 with a dish

\$7.00 without a dish





## UPCOMING EVENTS



Sunday

October 22<sup>nd</sup>, 2023

Time To Be Determined.

\$5.00 per person

Potluck

Cash Bar with Wine and Beer

Good Company, Lots of Laughs and

Tons of Fun.

## RIVER CREE

**Monday, October 23<sup>rd</sup>**

Enjoy the day visiting, eating and maybe a little gambling.  
You must purchase your tickets in advance.

**\$9.00** per person and includes lunch and \$5.00 in free play.

Bus leaves the centre @ **10:30am**

Please see the front desk to get your tickets. You must pre-register.  
No refunds will be issued.

**Please park in the North parking lot when attending this outing.**

## UPCOMING EVENTS

### JAM SESSION

October 25<sup>th</sup>

*Halloween Dance*

*Come dressed in you Halloween best and  
join in on the fun!*

*From the crew of Betty, Terry, Moe,  
Lillian & Anne*



### *Fall Bazaar*



**Saturday, October 28<sup>th</sup>**

**9:00 - 3:00**

**Get great deals on knitted items, sewn items,  
crafts, household items, puzzles, books and  
much more.**

**Cash Only**

**Enjoy lunch from our kitchen.**

**Free admission for everyone**

**Don't forget about the bake table.**

UPCOMING EVENTS



Birthday Party  
Friday, November 3<sup>rd</sup>  
1:30  
Entertainment:  
T.B.D.

***Pancake  
Breakfast***



**Sunday, November 5<sup>th</sup>  
10:00 to Noon  
Pancakes, Scrambled  
Eggs, Sausage or Ham &  
Beverages  
\$8.00  
Great Food, Great Friends,  
Good Times**

*Fall Fashion Show  
Friday, November 10<sup>th</sup>, 2023  
Lunch at Noon  
Shopping To Follow*

*\$15.00*

*We Welcome  
Susan Adams From  
Personal Touch Fashions*



*Purchase your tickets before November 3<sup>rd</sup>*

Saturday Afternoon  
Cribbage

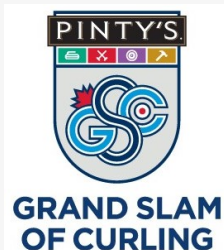


**November 11<sup>th</sup>  
Play Starts @ 12:30 pm**

**\$5.00 per Person**

**You must bring your own  
partner and join in on the fun.**

## UPCOMING EVENTS



November 12<sup>th</sup>

Pot Luck

Time to be determined.

Pot Luck - \$5.00

Lets enjoy the season  
together.

epl.ca

Tuesday, November 14<sup>th</sup>

9:45 to 10:45

Panama Canal



Join us as we learn all about  
the culture, food and history  
of Panama and dive into the  
history of the Panama Canal.

Please sign up in the cafeteria  
or give us a call.

### MONTHLY FOOT CARE



#### **TREAT YOURSELF!**

Angie is here on

**Tuesday, November 14<sup>th</sup> @ 9:00.**

Call the office or sign up in the  
cafeteria to book your appointment.  
The cost is \$40.00 and please bring  
your own towel.

### **Games Night & Pot Luck Supper** **Friday, November 17<sup>th</sup>**

5:30 pm

\$2.00 with a dish

\$7.00 without a dish

Everyone Welcome

Bring your favourite dish if you wish.

it's **Game**  
**night**  
Hang Out \* Eat \* Play



## UPCOMING EVENTS



November 19<sup>th</sup>

*Pot Luck*

*Time to be determined.*

*Pot Luck - \$5.00*

*Lets enjoy the game  
together.*

## RIVER CREE

Monday, November 20<sup>th</sup>

Enjoy the day visiting, eating and maybe a little gambling. You must purchase your tickets in advance.

**\$9.00** per person and includes lunch and \$5.00 in free play.

Bus leaves the centre @ **10:30**

Please see the front desk to get your tickets. You must pre-register. No refunds will be issued.

## Creative Cards

Monday, November 20<sup>th</sup> - 1:00pm  
**\$8.00 Per Person - Includes  
Facility Fee**



(Example  
Only)

Please bring your own tape runner and cutters.  
Please sign up in the cafeteria.



# INFORMATION



**A FAMILY RUN PHARMACY FOR  
OVER 40 YEARS**  
**FREE** Prescription Delivery  
**FULL** Service Pharmacy

## HOURS OF OPERATION

Mon - Fri: 8:30 am to 8:00 pm  
Sat & Sun 9:00 am to 5:00 pm  
13211 - 132 Street  
Edmonton, Alberta  
T5L 1R9  
PH: 780.455.0555

Download the Dolar Drugs app from the App Store or Dolar Drugs from Google Play to easily refill prescriptions and much more.

If you have any questions for us, don't hesitate to call.

*Paid Advertisement*

# SEPTEMBER PUZZLE ANSWERS

6	3	2	4	8	9	7	5	1
8	1	9	2	5	7	4	6	3
7	4	5	1	3	6	9	8	2
3	2	7	9	4	5	6	1	8
5	9	4	6	1	8	3	2	7
1	8	6	7	2	3	5	4	9
4	7	8	5	9	2	1	3	6
9	5	3	8	6	1	2	7	4
2	6	1	3	7	4	8	9	5

5	4	2	9	1	3	6	7	8
1	6	9	5	8	7	2	4	3
8	3	7	2	4	6	1	9	5
9	2	1	4	3	5	7	8	6
6	8	4	1	7	9	5	3	2
7	5	3	6	2	8	9	1	4
4	9	5	8	6	1	3	2	7
3	1	8	7	5	2	4	6	9
2	7	6	3	9	4	8	5	1

1	8	4	6	2	9	7	3	5
3	7	9	4	1	5	8	2	6
6	5	2	7	8	3	9	1	4
2	9	1	5	4	8	3	6	7
8	6	5	2	3	7	1	4	9
7	4	3	9	6	1	5	8	2
4	1	7	3	5	2	6	9	8
5	3	6	8	9	4	2	7	1
9	2	8	1	7	6	4	5	3

5	2	3	6	9	7	4	1	8
1	8	9	3	2	4	7	5	6
4	7	6	1	8	5	3	9	2
9	5	7	2	3	8	1	6	4
2	3	1	4	5	6	9	8	7
6	4	8	9	7	1	5	2	3
4	1	7	3	5	2	6	9	8
5	3	6	8	9	4	2	7	1
9	2	8	1	7	6	4	5	3

3	6	2	4	5	1	9	8	7
7	5	9	8	6	3	1	2	4
4	8	1	9	2	7	6	5	3

9	3	2	7	1	6	5	4	8
5	6	7	9	4	8	1	2	3
1	8	4	3	5	2	6	7	9

4	5	1	6	7	3	9	2	8
9	3	2	4	8	5	6	1	7
7	8	6	2	1	9	5	4	3
8	6	7	3	9	4	2	5	1
3	4	5	1	2	6	7	8	9
1	2	9	8	5	7	3	6	4
2	7	4	5	3	1	8	9	6
6	9	8	7	4	2	1	3	5
5	1	3	9	6	8	4	7	2

6	5	4	1	3	6	2	8	7	9
8	3	2	9	7	5	1	6	4	
7	6	9	4	8	1	3	2	5	
4	5	3	6	9	7	2	8	1	
2	8	7	1	3	4	5	9	6	
1	9	6	5	2	8	7	4	3	
3	1	8	2	4	6	9	5	7	
6	7	5	8	1	9	4	3	2	
9	2	4	7	5	3	6	1	8	

2	4	7	6	8	9	3	1	5	2
6	5	1	3	7	4	8	2	9	1
3	9	8	2	5	1	7	4	6	8
8	1	9	5	6	2	4	3	7	
5	2	6	7	4	3	1	9	8	
4	7	3	9	1	8	6	5	2	
7	3	2	1	9	6	5	8	4	
9	6	4	8	3	5	2	7	1	
1	8	5	4	2	7	9	6	3	

1	9	4	5	7	6	2	8	3
8	2	3	9	1	4	5	7	6
6	7	5	2	3	8	9	1	4
7	6	9	1	4	3	8	2	5
5	1	2	8	6	9	3	4	7
3	4	8	7	2	5	1	6	9

## Bamboozable 1 Answers

1. Play on Words
2. Get in Shape
3. Monkey on Your Back
4. Dr. Dolittle
5. Fooling Around
6. A Kick in the Butt

## Bamboozable 2 Answers

1. Somewhere Over the Rainbow
2. X Marks the Spot
3. Put two and two Together
4. Just Right
5. I Before E Except After C
6. High Seas

### \*\*\*REMINDER\*\*\*

**Vehicle Registration  
Renewals For December**  
Last Names Starting With  
**Me, O, W**



# PUZZLE - WORD SEARCH

**Halloween** - Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a secret message.

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

APPLES  
 BATS  
 BLACK CAT  
 BROOMSTICK  
 CANDLE  
 CANDY  
 CEMETERY  
 COFFIN

COSTUME  
 DRACULA  
 FRIGHTENING  
 FULL MOON  
 GHOSTS  
 GHOULS  
 GOBLINS  
 GRAVEYARD

JACK O LAN-  
 TERN  
 MASK  
 MUMMY  
 NIGHT  
 PUMPKIN  
 SCARECROW  
 SCARY  
 SCREAM

SKELETON  
 SKULL  
 SPIDERS  
 TOMBSTONE  
 VAMPIRE  
 WEREWOLF  
 WITCHES  
 ZOMBIE

September Answer - THE HIGHEST HAPPINESS ON EARTH IS THE HAPPINESS OF MARRIAGE





PUZZLE - BAMBOOZABLES

Can you figure out the phrase/saying?

#1

	DEAD BODY MY	<b>NO NO</b> <hr/> <b>RIGHT</b>	Ci ii
<b>LOOKING</b>	<b>1111</b>	BBBBBB	BRAIN KIDNEY HOME HEART



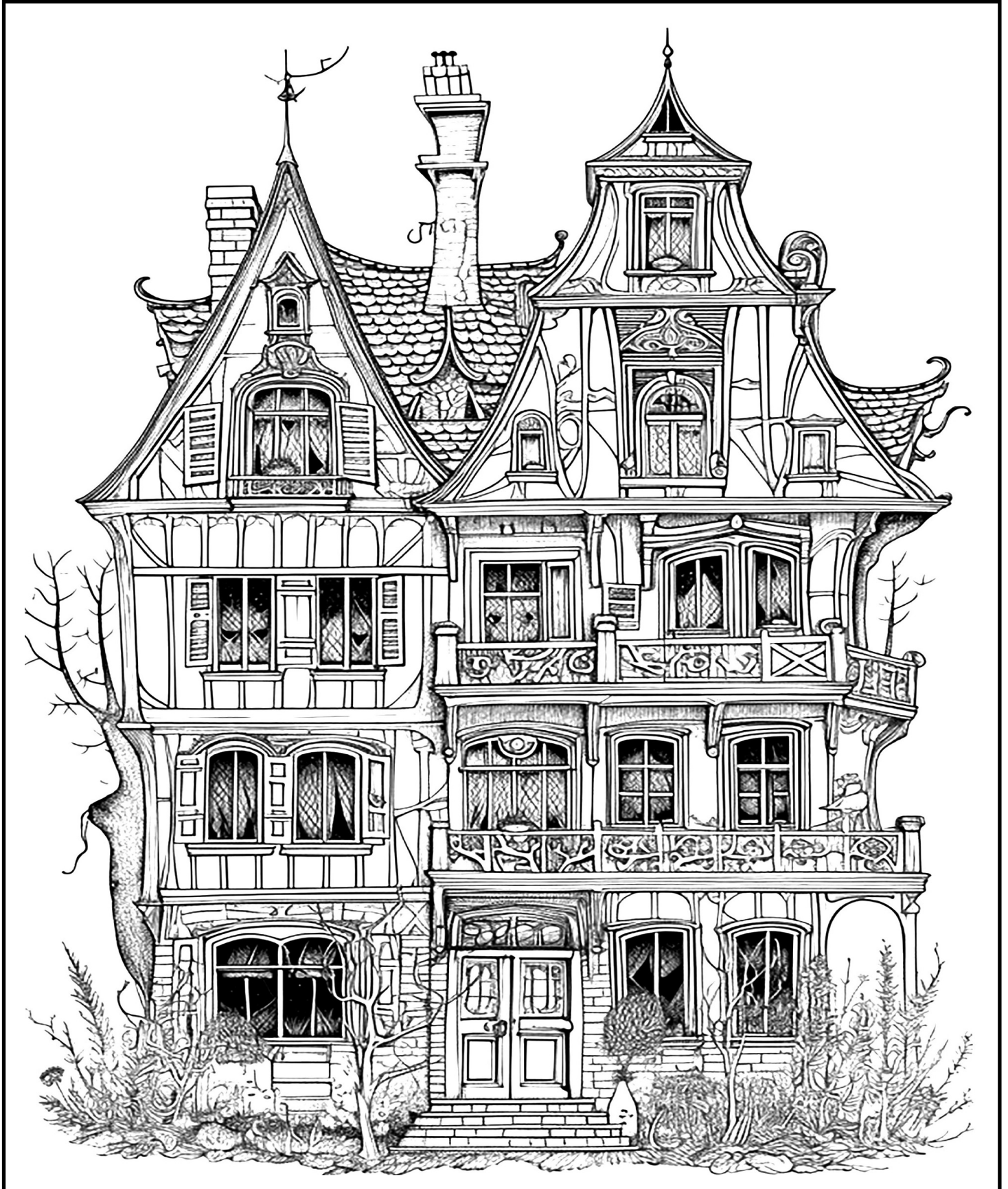
#2

TEMPERATURE	PAR 2	<b>CHANCE</b>
<b>HEART</b>	COLLAR <b>HOT</b>	THE <b>HEAD</b> SAND










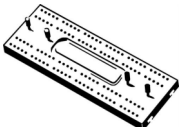


## COLOR

Coloring has long been considered a therapeutic activity suitable for the young and old. Colouring evokes feelings of peace, enjoyment and satisfaction.














Revisiting this much loved childhood pastime is well worth the effort.












# PROGRAM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Pancake Breakfast</b> 1st Sunday of Every Month 10:00 - Noon \$8.00</p> 	<p><b>Yoga</b> 9:00 - 10:30</p> <p><i>do yoga and enjoy life</i></p>	<p><b>Fun &amp; Fitness</b> 10:45 - 12:00</p>	<p><b>Fit For Life</b> 9:30 - 10:30</p> 	<p><b>Pickleball</b> 9:00 - 11:30</p> <p><b>Quilting</b> 10:00 - Noon</p> <p><b>Bridge</b> 11:30</p> 	<p><b>Fit For Life</b> 9:30 - 10:30 (Some early starts may be required.)</p> 	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Euchre</b> 1:00 - 3:00</p> <p><b>Floor Shuffleboard</b> 1:00 - 3:00</p> <p><b>Wool Crafters</b> 1:00 - 3:00</p> 	<p><b>Bingo</b> 1:00 - 3:00</p> <p><b>Canasta</b> 1:00 - 3:00</p> 	<p><b>Jam Session</b> 1:00 - 3:30</p> <p><b>Whist</b> 1:00 - 3:00</p> <p><b>Wool Crafters</b> 1:00 - 3:00</p> <p><b>Bocce</b> 1:00 - 3:00 (Weather Permitting)</p>	<p><b>Cribbage</b> 1:00 - 3:00</p> <p><b>Floor Curling</b> 1:00 - 3:00</p> <p><b>Rag Bag Crafters</b> 1:00 - 3:00</p> <p><b>Drama Club</b> 3:30 (When Required)</p>	<p><b>Shuffleboard</b> 1:00 - 3:00</p> <p><b>Birthday Party</b> 1:30 - 3:30 1st Friday of Every Month Birthday Free Member - \$3 Non Mem - \$5</p>	<p><b>Cribbage</b> 2nd Saturday of Every Month 12:30 \$5.00</p> 
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>Floor Curling -</b> 7:00 - 9:00</p>	<p><b>Cribbage</b> 7:00 - 9:00</p> 		<p><b>Games Night &amp; Pot Luck</b> 5:30 3rd Friday of Every month With A Dish - \$2 Without - \$7</p>	
<p>*Drop In Fee* \$2.00 for Members \$5.00 for Non Members</p> 						

# SPECIAL EVENTS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 1<sup>st</sup></b> <b>Pancake Breakfast</b> 10:00 - Noon \$8.00 	<b>October 9<sup>th</sup></b> Office Closed 	<b>October 10<sup>th</sup></b>  Presentation 9:45	<b>October 18<sup>th</sup></b>  Noon		<b>October 6<sup>th</sup></b> Birthday Party 1:30 	<b>October 14<sup>th</sup></b>  12:30 - \$5.00
	<b>October 16<sup>th</sup></b> Creative Cards - 1:00 	<b>October 3<sup>rd</sup></b> Shane Blakely Global News 9:45			<b>October 20<sup>th</sup></b> it's <b>Game night</b> Hang Out + Eat + Play 5:30	<b>October 28<sup>th</sup></b> 9:00 - 4:00 Fall Bazaar 
<b>October 22<sup>nd</sup></b> 	<b>October 23<sup>rd</sup></b> <b>BOARD MEETING</b> 10:30	<b>October 10<sup>th</sup></b> Foot Clinic 9:00 			<b>October 27<sup>th</sup></b> Fall Bazaar  <b>SET UP</b>	
	<b>October 23<sup>rd</sup></b>  10:30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November 5<sup>th</sup></b> <b>Pancake Breakfast</b> 10:00 - Noon \$8.00 	<b>November 6<sup>th</sup></b>  10:30	<b>November 14<sup>th</sup></b>  Presentation 9:45			<b>November 3<sup>rd</sup></b> Birthday Party 1:30 	<b>November 18<sup>th</sup></b>  12:30 - \$5.00
<b>November 12<sup>th</sup></b> 	<b>November 13<sup>th</sup></b> Office Closed  Remembrance Day	<b>November 14<sup>th</sup></b> Foot Clinic 9:00 			<b>November 10<sup>th</sup></b> Fashion Show Noon	
<b>November 19<sup>th</sup></b> 	<b>November 20<sup>th</sup></b> Creative Card 				<b>November 17<sup>th</sup></b> it's <b>Game night</b> Hang Out + Eat + Play 5:30	