

North West Edmonton Seniors Centre Insider News - November, 2023

12963 - 120 Street NW
Edmonton, Alberta
T5E 5N8



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

🌀 Where Friends Meet on 120th Street 🌀

Visit us on Facebook : <https://www.facebook.com/NWESSEvents> or our Website: www.nwess.ca

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IMPORTANT DATES SEE INSIDE FOR MORE INFO

- Friday, November 3**
Birthday Party - 1:30

- Sunday, November 5**
Pancake Breakfast - 10:00

- Monday, November 6**
Board Meeting - 10:30

- Friday, November 10**
Fashion Show - Noon

- Saturday, November 11**
Remembrance Day Service
Calder Community League

- Sunday, November 12**
Televised Event - TBD

- Monday, November 13**
Office Closed

- Tuesday, November 14**
Foot Clinic - 9:00
EPL - 9:45

- Friday, November 17**
Games Night/Pit Luck - 5:30

- Sunday, November 19**
Grey Cup - TBD

- Monday, November 20**
River Cree - 10:30
Creative Cards - 1:00

Supported By:



FLOOR AND WALL SOLUTIONS FROM
RESEARCH AND EXPERIENCE



Senior Home Care
by Angels



Dolar Drugs
specializing in pharmaceutical care



ProPc Inc.



THE CITY OF
Edmonton



FCSS
Family and Community
Support Services

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 admin@nwess.ca	8:00 - 4:00
Kitchen - Susan Kakeesim info@nwess.ca	9:00 - 3:00
Custodian - Sam	8:00 - 4:00

PROGRAM LIAISONS

Billiards/Pool	VACANT
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	VACANT
Drama Club	Joyce Ruptash
Euchre	Linda Frank
Fit For Your Life	Ursula Webber
Floor Curling	Colleen Funk
Floor Shuffleboard	Vicky & Mike Dolynny
Fun & Fitness	Vina Locke
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
31st each year.**

MEMBERSHIPS

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

Hello, November! Thank you for reminding us we have so much to be grateful for. John F. Kennedy reminded us "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." The frenzy of fall has subsided. Harvest has been completed, you've carved pumpkins, pulled out your cozy sweaters, and now you get to take a deep breath of crisp air and settle into November.

November will bring us the following events:

Birthday Party – November 03.
Pancake Breakfast – November 05.
Fashion Show – November 10.
Remembrance Day – November 11.
Cribbage Tournament – November 18.
Invitational Floor Curling Tournament – November 24.

NWESS Committees and Board will be involved with the following:

City of Edmonton: The Board met with City of Edmonton representatives and our councillor's representative on October 27th. Discussions revolved on initiatives started by NWESS, networking within the marketplace, interior proposed renovations and exterior proposed renovations. The City will review our existing lease, life cycle of our building and proposed renovations in order to develop a strategy moving forward. Our anticipated next meeting will occur in December.

NWESS Website & Social Media: Our new website (www.nwess.ca) was launched in early October. Our website will continue to evolve as we add more information and constantly update our events and programs. Our social media campaign also started in October and is sending out messages weekly on our center and upcoming events. If you follow Facebook and see one of our posts please press 'like'.

NWESS Policy & Bylaws: Follow up question and answer session will be held in early November.

Program Liaisons : Meeting scheduled for November 09th.

October was an extremely active month for our center as well as myself. We started to coordinate with the Calder Community League preparations for this year's Remembrance Day celebrations at the Calder Cenotaph. The center attracted members and out of town guests to the very entertaining Sergeant Wilson's Army Show. NWESS was one of fifteen locations across Canada to host this performance. Members of NWESS volunteered their time to work a casino for the Alberta Floor Curling Association (Thank you!). Congratulation to all the organizers, volunteers, bakers and talented crafters for a successful Fall Bazaar! I was privileged to represent NWESS at the Area 1 October meeting and the local BNI (Business Networking International) meeting.

On November 11, join us at the Calder Cenotaph, to reflect on the bravery and sacrifice of those who served Canada.

"There can be no dedication to Canada's future without a knowledge of its past."
John Diefenbaker, 13th Prime Minister of Canada.

I leave you with the following thoughts:

Today is the oldest you have been, and the youngest you will ever be. Make the most of it!
Nicky Gumbel.

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. – Oprah Winfrey.

Whatever you do, always give 100% - unless you're donating blood. – Bill Murray.

The secret of staying young is to live honestly, eat slowly and lie about your age. – Lucille Ball.

Cheers!

Thank you,
Frank Zrim
President

SAVE THE DATE



Friday, December 1st
Birthday Party - 1:30pm



Sunday, December 3rd
Pancake Breakfast - 10:00am

Saturday, December 9th
Cribbage - 12:30pm



Sunday, December 10th
Christmas Lights Tour - 6:00



Monday, December 11th
Board Meeting - 10:30am



Tuesday, December 12th
Foot Clinic - 9:00am



Tuesday, December 12th
EPL Armchair Travel-9:45am



Friday, December 15
Christmas Dinner - 5:00



Sunday, December 17th
Pinty's Curling - TBD



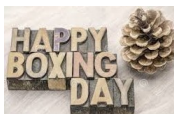
Monday, December 18th
River Cree - 10:30am



Friday, December 22th
Games Night/Pot Luck - 5:30pm



Monday, December 25th
MERRY CHRISTMAS



Tuesday, December 26th
Boxing Day - Office Closed



Friday, December 29
New Year's Eve - Noon



Monday, January 1st
New Year's Day - Office Closed

NEWS



invitational - October 3
Jarvie - 4th Place



AFCA - October 11
Vegreville - 2nd Place



AFCA - October 21
Flatbush - 1st Place

New Serepta Invitational
October 26, 2023

1st Place



4th Place



invitational - October 3
Jarvie - 2nd Place



AFCA - October 23
Kinsella - 2nd Place



"Chase The Ace"

WINNERS

- October 5th - \$30.00 - Frank Zrim
- October 12th - \$24.00 - Charlie Sams
- October 19th - \$40.00 - Elaine Balog
- October 26th - \$27.00 - Lynn Foster

Pot is at \$

Draws are made every Thursday.

Good Luck

Tickets - \$1.00 each
Purchase yours today.

Saturday Afternoon Crib
October 14th, 2023

- 1st - Flo & Debbie Fielder - \$60.00
- 2nd - Joyce Ruptash & Jim David - \$50.00
- 3rd - Dianna Buyton & Ken Scalander and Linda & Ed Biedrava - \$30.00 each
- Door Prizes - Zenobia Jaffer, Doreen McGrath, Keith Foster and Jerry Baker
- Skunk Pot - \$7.00 - Jim Morgan & Adrian Lackey
- 19 Pot - \$31.25 - Keith Foster
- 50/50 Raffle - \$80.00 - Kathy Rozanski

See you all again on November 18th and
PLEASE COME WITH A PARTNER

Submitted by: Linda Biedrava

Fitness For Everyone

3 different fitness classes are offered at NWESS. 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.

Fun & Fitness - classes are held Tuesday mornings 11:00 to 12:00. These classes are held on a drop in basis. Cost for members are \$2.00 per class.

**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 day is free.

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

**CHARTWELL GRIESBACH
RETIREMENT RESIDENCE**

Has invited our members to an afternoon tea and meet and mingle with some of the residents on November 20th. Tours will also be available. Please RSVP to Sharon Pandza at 587-643-4858 or add your name to the sign up sheet in the cafeteria.

Donations

In Memory of Don Simpson

- Betty Simpson
- Evelyn & Allen McCulloch
- Anne & Armand Carwright
- Carrol Richert
- Vina Locke

In Memory of Gordon Conrad

- Colleen Funk
- Marie & Dennis Countryman
- Hazel Croft
- Carrol Richert
- Linda Frank
- Liz Tarkowski
- Alex Gibson
- Vina Locke
- Emma Germain

In Memory of Jerry Locke

- Vina Locke

OUR KITCHEN
is open from 9:30 to 3:00
Monday to Thursday
Stop in for some delicious
homemade soup and a
sandwich. Lunch is
served from 11:30 to 1:30.

NEWS

Bocce

As October 2023 comes to an end, we are still playing bocce outside.

For the end of the season 12 players got together for an enjoyable breakfast and get together.

If the weather cooperates we will continue playing into November.

Thank you to all the bocce players for a very fun filled year

Vicky & Mike

AGM

We would encourage all members to please consider becoming a board member.

With the AGM in February we will need to fill the following positions:

Vice President

Secretary

2 Trustees

If you are interested, there is an "Information of Nominee" form on the table in the cafeteria. Please fill it out and hand it into the office.

UPCOMING EVENTS



HAPPY BIRTHDAY TO YOU - Friday, November 3, 2023 **Entertainment - Social**

Stan	Androschuk	Nov 3	Thelma	Melnichuk	Nov 1
Jeannette	Calder	Nov 29	Florence	Meronowich	Nov 4
Brian	Cenkner	Nov 23	Barbara	Read	Nov 11
Helen	Conrad	Nov 16	Sheila	Roberts	Nov 5
Vicky	Dolynny	Nov 1	Joyce	Ruptash	Nov 21
Jim	Houlihan	Nov 23	Phyllis	Stark	Nov 18
Ron	Jonson	Nov 12	Ursula	Webber	Nov 4
Betty	Lega	Nov 7	Karen	Woods	Nov 14
Allen	McCulloch	Nov 17			



UPCOMING EVENTS

EVERYONE
WELCOME

**Pancake
Breakfast**



Sunday, November 5th - 10:00 to Noon
Pancake, Scrambled Eggs, Sausage or Ham &
Beverages

\$8.00

Great Food. Great Friends and Great Times.
Everyone Welcome

Fall Fashion Show

Friday, November 10th, 2023

Lunch at Noon - Shopping To Follow

\$15.00

We Welcome

Susan Adams From Personal Touch Fashions



Purchase your tickets before November 3rd

UPCOMING EVENTS



Calder Memorial Park

12721 - 120 Street

10:30 - Parade to leave NWESS

**10:45 - Public Gathering at Calder
Cenotaph**

11:00 - 2 minutes of silence

11:02 - Program to begin

**Beverage & snacks to follow at
Calder Community League Hall**

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!!!



**GRAND SLAM
OF CURLING**

BOOST.



NATIONAL

Sunday

November 12th, 2023

Men's @ 8:30 & Women's @ 12:30.

\$5.00 per person

Potluck

Cash Bar with wine and Beer

Good Company, Lots of Laughs and

Tons of Fun.

UPCOMING EVENTS

FEET FIRST - Monthly Foot Care

Angie is here on



Tuesday, November 14th @ 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.



*Tuesday, November 14th
9:45 to 10:45*

How about: How to Separate Fake from Fact

Description: An introduction to evaluating information online, which will focus on the different types of false information, common sources of dis/misinformation online (e.g. social media) and practical tips for evaluating the information you find online. Belinda will also share some well-known disinformation tactics to be on the lookout for.

UPCOMING EVENTS

JAM SESSION

November 15th

Western Dance

*Come dressed in your denim and join in
on the fun!*

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



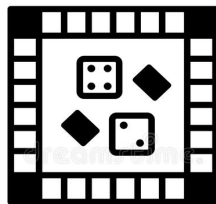
Games Night & Pot Luck Friday, November 17th - 5:30 pm

Everyone Welcome

Bring your favorite dish and join us..

\$2.00 with a dish

\$7.00 without a dish



UPCOMING EVENTS

JOIN

**DENIS WASNEAU
& FRIENDS
WITH GUEST
"ALFIE MYHERS**

*For an afternoon
of dancing and visiting.*

*Friday, November 17, 2023
@ 1:00
\$5.00
Limited Seating*



*Just
Dance*



Saturday Afternoon Cribbage

November 18th

Play Starts @ 12:30 pm

\$5.00 per Person

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



UPCOMING EVENTS



Sunday, November 19, 2023

Grey Cup Pot Luck

Doors open @ 3:30

Kick Off @ 4:00 pm

\$5.00

Cash Bar with Wine & Beer

Enjoy the game with your friends.

RIVER CREE

Monday, November 20th

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



CREATIVE CARDS



Monday, November 20th - 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.



Birthday Party
Friday, December 1st
1:30
Entertainment:
T.B.D.

Pancake Breakfast



Sunday, December 3rd
10:00 to Noon
Pancakes, Scrambled
Eggs, Sausage or Ham &
Beverages
\$8.00
Great Food, Great Friends,
Good Times

UPCOMING EVENTS

Saturday Afternoon Cribbage



December 9th
Play Starts @ 12:30 pm

\$5.00 per Person

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

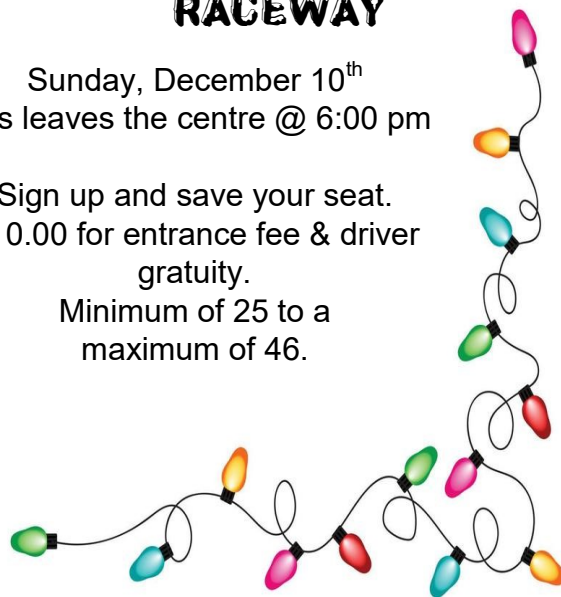


2023 **CHRISTMAS LIGHTS** **TOUR - RAD TORQUE** **RACEWAY**

Sunday, December 10th
Bus leaves the centre @ 6:00 pm

Sign up and save your seat.
\$10.00 for entrance fee & driver gratuity.

Minimum of 25 to a maximum of 46.



MONTHLY FOOT CARE



TREAT YOURSELF!

Angie is here on

Tuesday, December 12th @ 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.

Tuesday, December 12th
9:45 to 10:45

This topic is still to be determined.



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

UPCOMING EVENTS

JAM SESSION

December 13th

Ugly Sweater Jam Session

Wear your best *UGLY SWEATER* and may have a chance at winning a prize.



Christmas Dinner

At Our Place

Turkey Dinner with All The Trimmings

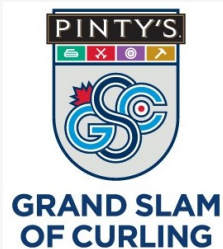
December 15, 2023

Doors Open at 4:30 with Dinner at 5:00

Entertainment to Follow
By The Drama Club

Tickets are \$25.00 each

Advance Tickets Only



December 17th

Pot Luck

Time to be determined.

Pot Luck - \$5.00

Lets enjoy the season together.

RIVER CREE

Monday, December 18th

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.

UPCOMING EVENTS

JAM SESSION
December 20th

Jam Session
Christmas Party



Games Night &
Pot Luck Supper
Friday, December 22nd

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

HAPPY NEW YEAR



FRIDAY
DECEMBER 29,
2023
LUNCH & DANCE
\$25.00
Advanced tickets
only.



Instead of cleaning house I
just watch an episode
of Hoarders and
think,
"Wow, my house
looks great!"



www.Facebook.com/DeadLaughing

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

OCTOBER PUZZLE ANSWERS

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

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

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

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

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

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

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

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

Bamboozable 1

- Over my Dead Body
- Right Under the Nose
- See Eye to Eye
- Looking Out for Number One
- Be-Line
- Home is Where the Heart Is

printable-sudoku-puzzles.com

Samurai sudoku No. 1594

printable-sudoku-puzzles.com

Samurai sudoku No. 544

Bamboozable 2

- Falling Temperature
- Two Under Par
- Fat Chance
- Broken Heart
- Hot Under the Collar
- Head in the Sand

REMINDER

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



PUZZLE - WORD SEARCH

Nursing Home - Find and circle all of the words that are hidden in the grid.

The remaining letters spell a secret message.

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

ACTIVITIES
 AIDES
 ASPIRIN
 BATHROOM
 BEDRAIL
 BEDS
 BOARD GAMES
 BULLETIN BOARD
 CANE
 CARE
 CASE MEETING
 CHARTS

COMFORT
 DENTURES
 DINING ROOM
 DOCTOR
 DRUGS
 EXERCISE
 FALLS
 FLU SHOT
 FRAIL
 GLUCOSE METER
 HAIRDRESSER
 HALLWAYS

HELP
 INCONTINENCE
 LAUNDRY
 LINERS
 MAGAZINES
 MEDICAL
 GLOVES
 MEMORY LOSS
 MOISTURIZER
 MUSIC
 NAIL CLIPPERS
 NEEDLE
 NURSES

OUTINGS
 PET THERAPY
 PHYSIOTHERAPIST
 PUZZLES
 READING
 RESIDENTS
 ROUNDS
 SCRABBLE
 SCRUBS
 SENIORS
 SHAVE
 SHOWER

SING ALONG
 SLEEPING PILL
 STAFF MEET-
 INGS
 SUPPER
 TABLES
 TELEVISION
 TRANSFER BELT
 URINAL
 VOLUNTEERS
 WANDERING
 WHEELCHAIR

OCTOBER ANSWER - BOBBING FOR APPLES

PUZZLE - SUDOKU

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

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

		2			3		9		
		7	5	2	4				
	4			7		6	2		

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

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

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

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

				6		3	7	2		
								9		5

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

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

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PUZZLE - BAMBOOZABLES

Can you figure out the phrase/saying?

#1

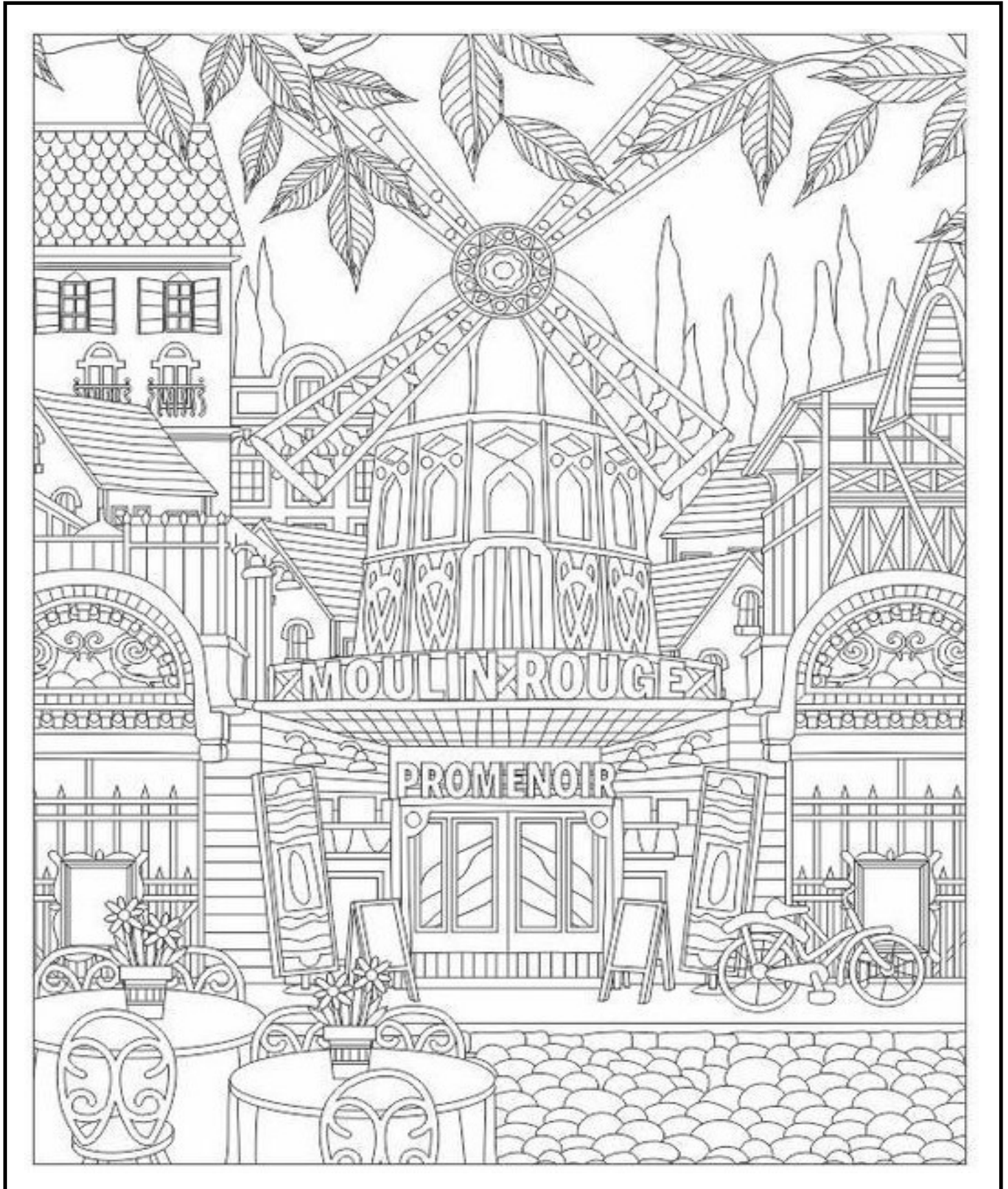
<p>NOVATION</p>	<p>Ho Ho <u>+Ho</u></p>	<p>HE AD</p>
<p>DOUBT</p>	<p>drove IT</p>	<p>LIP <i>toe</i> LIP</p>

#2










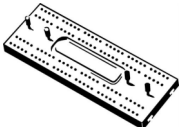

<p>intelligent smart wise</p>	<p>Dressed Dressed Dressed placeSTOP placeWAIT GO</p>	<p>WE IGH WH EY</p>
<p>chair</p>	<p>TIRE</p>	<p>WAKE suzie</p>

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>Pancake Breakfast 1st Sunday of Every Month 10:00 - Noon \$8.00</p> 	<p>Yoga 9:00 - 10:30</p> <p><i>do yoga and enjoy life</i></p>	<p>Pickleball 9:00 - 11:30</p> <p>Fun & Fitness 10:45 - 12:00</p>	<p>Fit For Life 9:30 - 10:30</p> 	<p>Pickleball 9:00 - 11:30</p> <p>Quilting 10:00 - Noon</p> <p>Bridge 11:30</p> 	<p>Fit For Life 9:30 - 10:30 (Some early starts may be required.)</p> 	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Euchre 1:00 - 3:00</p> <p>Floor Shuffleboard 1:00 - 3:00</p> <p>Wool Crafters 1:00 - 3:00</p> 	<p>Bingo 1:00 - 3:00</p> <p>Canasta 1:00 - 3:00</p> 	<p>Jam Session 1:00 - 3:30</p> <p>Whist 1:00 - 3:00</p> <p>Wool Crafters 1:00 - 3:00</p> <p>Bocce 1:00 - 3:00 (Weather Permitting)</p>	<p>Cribbage 1:00 - 3:00</p> <p>Floor Curling 1:00 - 3:00</p> <p>Rag Bag Crafters 1:00 - 3:00</p> <p>Drama Club 3:30 (When Required)</p>	<p>Shuffleboard 1:00 - 3:00</p> <p>Birthday Party 1:30 - 3:30 1st Friday of Every Month Birthday Free Member - \$3 Non Mem - \$5</p>	<p>Cribbage 2nd Saturday of Every Month 12:30 \$5.00</p> 
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Floor Curling - 7:00 - 9:00</p>	<p>Cribbage 7:00 - 9:00</p> 		<p>Games Night & Pot Luck 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
November 5th Pancake Breakfast 10:00 - Noon \$8.00 	November 6th  BOARD MEETING 10:30 Remembrance Day 	November 14th  epl.ca Presentation 9:45 			November 3rd Birthday Party 1:30 	November 11th Calder Community League
November 12th  BOOST NATIONAL	November 20th  RIVER CREE RESORT AND CASINO ENOCH, ALBERTA 10:30	November 14th Foot Clinic 9:00 			November 10th Fashion Show Noon \$15.00	November 18th  CRIBBAGE 12:30 - \$5.00
November 19th  GREY CUP HAMILTON 110	November 20th Creative Cards - 1:00 				November 17th  ALPHIE MYHRES AND FRIENDS 1:00	
					November 17th it's Game night Hang Out + Eat + Play 5:30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 3rd Pancake Breakfast 10:00 - Noon \$8.00 	December 11th  BOARD MEETING 10:30	December 12th  epl.ca Presentation 9:45 			December 1st Birthday Party 1:30 	December 9th  Cribbage 12:30 - \$5.00
December 10th X-Mas Lights 6:00 	December 18th  RIVER CREE RESORT AND CASINO ENOCH, ALBERTA 10:30	December 12th Foot Clinic 9:00 			December 15th X-Mas Dinner  5:00	
December 17th  MASTERS	December 25th Office Closed  Merry CHRISTMAS	December 26th Office Closed  HAPPY BOXING DAY			December 22nd it's Game night Hang Out + Eat + Play 5:30	
	January 1st Office Closed  2024 happy new year				December 29th  HAPPY NEW YEAR	