

North West Edmonton Seniors Centre Insider News - February 2024

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

- February 2nd**
Birthday Party - 1:30
- February 4th**
Pancake Breakfast - 10:00
- February 6th**
Family Fun Floor Curling - 5:30
- February 10th**
Saturday Afternoon Cribbage - 12:30
- February 12th**
Board Meeting - 10:30
Creative Cards - 1:00
- February 13th**
Foot Clinic - 9:00
- February 14th**
Valentine's Day Coffee & Sweets - 10:00
- February 16th**
Games Night - 5:30
- February 19th**
Family Day - Closed
- February 20th**
EPL - 9:45
- February 25th**
Scotties Tournament - Noon
- February 26th**
River Cree - 10:30
- February 27th**
Annual General Meeting - 10:00

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 admin@nwess.ca	8:00 - 4:00
Reception - Susan Kakeesim info@nwess.ca	9:00 - 3:00
Kitchen - Samantha Richards	9:00 - 3:00
Custodian - Natasha	8:00 - 4:00

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.**

Liaisons

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
Drama Club	Joyce Ruptash
Euchre	Linda Frank
Fit For Your Life	Ursula Webber
Floor Curling	
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

MEMBERSHIPS

The cost of a NWESS membership is
\$35.00 for the calendar year -
January 1st to December 31st, 2024

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 February! The perfect time to cherish friendship, celebrate dreams and goals, and refocus on living an intentional life. February is a beautiful month that carries the feeling of spring right around the corner and is also known for being the month of love. "The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart." – Helen Keller.

February will bring us the following events:

Birthday Party – February 02. Pancake Breakfast – February 04.
Fun Family Floor Curling – February 06 Evening. Invitational Floor Curling – February 09.
Cribbage Tournament – February 10. Valentine's Social – February 14.
Pot Luck & Games Night – February 16. NWESS Annual General Meeting – February 27.

January challenged the resolve of our members and guests by providing a dramatic change in weather. I was impressed by the enthusiasm and attendance at our events. My sincerest THANK YOU to all the volunteers and staff that turned difficult weather scenarios into successful programs and events. Welcome to winter in Alberta!

Wow! I am finding it difficult to come to acknowledgement that my first year as President is coming to a close. I will carry many memorable moments of enjoyment and laughter experienced while interacting with members and guests at our programs and events. I will also remember with sadness, the loss of some of our cherished members and their family members.

I would like to take this opportunity to acknowledge the following:

THANK YOU to all members that provided words of encouragement, words of recommendation, many smiles, hugs and thanks. You provided me with the energy to follow a vision for NWESS.

THANK YOU to all volunteers and program liaisons that organized and provided help with our programs and events. You contributed to our success!

THANK YOU to all the staff. Your commitment and support to the members of NWESS is greatly valued. I enjoyed this year of change and growth with your support.

THANK YOU to the Executive and Board of Trustees for your support and understanding. This was a year of many changes to the function of the Board and new initiatives for NWESS.

THANK YOU to all our sponsors that provided funds, services and prizes for our society and events. You are truly our partners!

I leave you with the following thoughts:

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." – Martin Luther King Jr.

"February: The month where even the groundhog comes out of hiding to predict the weather. If a groundhog can face its shadow, so can you!" – Unknown.

I look forward to seeing you at the center and hope many of you can attend the AGM.

Yours in service, Frank Zrim - President

Save The Date



Friday, March 1st
Birthday Party - 1:30



Sunday, March 3rd
Pancake Breakfast - 10:00



Saturday, March 9th
Cribbage - 12:30pm



Sunday, March 10th
Montana's Brier - 10:30



Monday, March 11th
Board Meeting - 10:30



Monday, March 11th
Creative Cards - 1:00



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



Tuesday, March 12th
EPL Armchair Travel-9:45



Thursday, Friday, March 14th & 15th
Tax Clinic - 10:00 to 3:00



Friday, March 15th
Games Night/Pot Luck - 5:30



Saturday, March 16th
Spring Market - 10:00 - 3:00



Monday, March 18th
River Cree - 10:30



Sunday, March 24th
Women's World Curling - TBD



Friday, March 29th
Good Friday - Office Closed

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



NWESS – Alberta Floor Curling Tournament

As members of Alberta Floor Curling Association, we held our second mandatory Alberta Floor Curling Association tournament on Friday, January 12, 2024. The event was scheduled for 20 teams to attend, but instead Mother Nature made an appearance. She brought temperatures that dipped into the minus 30's, along with wind chills that took the temperature into the minus 40's and an extreme cold warning being issued across Alberta. The result of this caused many teams to cancel at the last minute.

However, with some quick thinking and pivoting the event was started with some fun curling. This allowed the time necessary for a new schedule to be created. The tournament commenced with a total of 12 teams, representing the following senior centers.

SEESA (South East Edmonton Senior Association)

Fort Saskatchewan

Tofield

Kinsella (These dedicated curlers made the almost 2-hour trip in the extreme cold)

NWESS

When individuals weren't curling, they were busy socializing and starting their vehicles to warm them up. We also enjoyed a delicious meal of beef stroganoff, salad and peach crisp prepared by our cook – Samantha. Throughout the event 50/50 were sold and the lucky winners were:

Bob Cormack

Ken Malbeuf

Carl Kindred

Frank Zrim

After the completion of all the games the winners of the tournament were:

1st – Team Stutzman from Tofield

2nd – Team Mizera from Kinsella

3rd – Team Ouellette from NWESS

4th – Team Dolynny from NWESS

Many thanks to all who attended and contributed to the success of the tournament.



1st Place - Tofield
 Roger Stutzman
 Rodney Boida
 Audrey Senetza
 Lorraine McNealy



3rd Place - NWESS
 Tom McLaughlin
 Jacques Ouellette
 Missing:
 Eunice Lea-Wilson
 Connie Mitchell



2nd Place - Kinsella
 Ron Mizera
 Bob Cormack
 Maurice Furmanek
 Ken Malbeuf



4th Place - NWESS
 Mike Dolynny
 Sandy Bilawchuk
 Vicky Dolynny
 Missing:
 Al Hoffman

INFORMATION

Saturday Afternoon Crib

January 13th , 2024

Door Prizes - Pat Covington, Charles Richards and Mary Romaniuk

1st - Brian & Fred Eichhorst - \$50.00

2ND - Marie Sharp & Mary Romaniuk - \$40.00

3rd - Beverly Thornton & Sheri Grier - \$30.00

Skunk Pot - \$3.00 - Katherine Razanski and Thelma Melnichuk

19 Pot -\$17.00- Debbie Fielder

50/50 - \$66.50-Mary Romaniuk

It was nice to see 46 brave seniors on one of the coldest days this winter.

February 10th should be better.

Submitted by Linda Biedrava

Congratulations



Dapp Invitational - January 27th
2nd Place



WINNERS

January 4th

Marie Countryman - \$25.50

January 11th

Fred Ward - \$42.00

January 18th

Florence Meronowich - \$18.50

January 25th

Phyllis Stark - \$27.50

Pot is at
\$1,378.50

Are you in need of a place to rent for that special occasion or family get-together?

How about North West Edmonton Seniors Centre.

Just stop by the office and we will be happy to assist you.

Lost on what to get someone for their birthday or other special occasion? How about a NWESS Gift Certificate. We can customize it to suite your request.

Ask the office for more details.

Thank You

To all members who participated in the 2023 event survey, offering comments and feedback we say,

'Thank You'

We are analyzing and tabulating the results of the survey. The information will be used to enhance the events in 2024!



THANK YOU

To the Rag Bag Crafters and the Wool Crafters for making towels and dish rags for the kitchen.

Bon Appétit

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.

WEDNESDAY'S SPECIALS - \$9.00

February 7th - Sign Up by February 2th

Liver & Onions

February 14th - Sign up by February 9th

Fish, Potato Wedges & Coleslaw

February 21st - Sign up by February 16th

Roast Beef, Mashed Potato & Vegetable

February 28th - Sign up by February 23rd

Beef Stew with Cheddar Biscuit

March 6th - Sign up by March 1st

Salisbury Steak, Mashed Potato & Vegetable



**Are you energetic, organized, and like to have fun?
Do you enjoy working with others and want to help
make something great even more amazing for our
members?**

WE WANT YOU

**We are looking for event leads, we have several events that
we would like to plan for in 2024, but we need leads to
organize and coordinate these events. Without your help the
events are in jeopardy of not happening. Here is the list of
events:**

**Pie Day, Spring and Fall Fashion Show, Father's Day
Celebration, Garden Market, Golf Tournament, Welcome Back
Lunch/Membership Drive, Fall Bazaar, Silent Auction.
Please leave your name at the office for the event you are in-
terested in, a meeting will be held mid/late February.**



Let's make things happen!

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.

UPCOMING EVENTS

**HAPPY BIRTHDAY TO YOU - Friday, February 2nd
Entertainment - Social**

Sandra Andruik	Feb 17	Shirley Klein	Feb 15
Palmira Baratta	Feb 10	Virginia Knaus	Feb 15
Louise Berlinguette	Feb 25	Lillian Kowalchuk	Feb 1
Henry Braun	Feb 19	Charlotte Lepine	Feb 12
Rick Desaulniers	Feb 02	Vina Locke	Feb 1
Art Desrosiers	Feb 2	Allan McKort	Feb 4
Kerry Diotte	Feb 26	Kelly Mitchell	Feb 2
Joyce Dirk	Feb 27	Patty Munteanu	Feb 25
Sheryl Fagan	Feb 19	Catherine Olson	Feb 17
Janet Fitton	Feb 12	Elliott Query	Feb 7
Lorraine Forrester	Feb 6	Cory Rhett	Feb 1
Ted Furigay	Feb 14	Sandra Richert	Feb 10
Valerie Granoien	Feb 15	Laurette Romanko	Feb 28
Linda Heller	Feb 21	Charlie Sams	Feb 24
Pat (Mrs) Howrish	Feb 10	Dave Sawatski	Feb 14
Arlynn Hrabec	Feb 1	Jude Thompson	Feb 19
		Gerald Warren	Feb 22

UPCOMING EVENTS



EVERYONE
WELCOME

February 4th

10:00 to Noon

Enjoy pancakes, scrambled eggs, sausage or ham and beverages. All for \$8.00.

Come and enjoy great food and good times with family and friends.



*Family Fun Floor Curling
February 6th*

5:30 PM

Bring the family and come and have a fun evening of floor curling.

UPCOMING EVENTS

Saturday Afternoon Cribbage

February 10th

Play Starts @ 12:30 pm

\$5.00 per Person

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



Let's Play
Cribbage

CREATIVE CARDS



Monday February 12th - 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. We welcome some new faces.



***FEET FIRST - Monthly Foot
Care***



Angie is here on

Tuesday, February 13th @ 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



**Valentine's Day Tea
February 14th
10:00AM**

**Come and join us for coffee and a
treat.**

**What a great way to spend the
morning with friends.**

**Tickets are \$5.00 and can be
purchased at the front desk.**

UPCOMING EVENTS



JAM SESSION

February 14th

Valentine's Dance

*Come dressed in red or pink and join in
on the fun!*

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



it's game night
Hang Out * Eat * Play

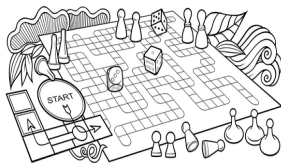
Friday, February 16th

5:30 pm

Everyone Welcome
Bring your favorite dish and join us.

\$2.00 with a dish
\$7.00 without a dish

FUN TIMES



UPCOMING EVENTS



*Tuesday, February 20th
9:45 to 10:45*



Join us for a fun trip to Costa Rica.



PRESENTED BY



Sunday, February 25th, 2023

Semi Final @ 12:00 - Final @ 6:00

\$5.00 per person

Potluck with cash bar with wine and beer

UPCOMING EVENTS



Monday, February 26th

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** and leaves the casino at **2:30**.

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.

AGM

Annual General Meeting



FEBRUARY 27TH

10:00

PLAN ON JOINING US. YOU MUST HAVE A CURRENT
MEMBERSHIP. NO MEMBERSHIPS WILL BE SOLD ON THAT DAY.

YOU HAVE A VOICE - YOU HAVE A CHOICE

UPCOMING EVENTS



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



EVERYONE
WELCOME

March 3rd

10:00

Enjoy pancakes, scrambled eggs,
sausage or ham and beverages.

All for \$8.00.

Come and enjoy great food,
good times with family and
friends.

Saturday Afternoon

March 9th

Play Starts @ 12:30



\$5.00 per Person

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



March 10th

Pot Luck

1st game @10:30

Pot Luck - \$5.00

Lets enjoy the season
together.

UPCOMING EVENTS

Creative Cards

Monday, March 11th - 1:00pm
\$8.00 Per Person - Includes
Facility Fee

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



(Example Only)



FEET FIRST- Monthly Foot Care

Angie is here on

Tuesday,

March 12th @ 9:00.

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

The cost is \$40.00 and please bring



Tuesday, March 12th

9:45 to 10:45

Bullet Journaling

Does your to-do list stress you out? Learn a new way to organize your life with bullet journaling. We will explore the basics of bullet journaling, how to make a bullet journal work for you and the many resources available.

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

epl.ca



Community
Volunteer Income
Tax Program

March 14 & 15

April 11

10:00 to 3:00

Please call the centre to book an appointment.

Drop off services will also be available.

UPCOMING EVENTS

it's **game** night

Hang Out * Eat * Play

Friday, March 15th

5:30 pm

\$2.00 with a dish

\$7.00 without a dish

Everyone Welcome

Bring your favourite dish if you wish.

VENDORS WANTED SPRING MARKET

DATE—SATURDAY, MARCH 16,

TIME— 10 AM to 3 PM

We are looking for a variety of crafters/vendors to purchase space at our show.

TABLE COST - \$20.00

Space is limited and tables will be distributed on a first come, first serve bases, so purchase yours today!

For information contact:

780-451-1925 or

Email - admin@nwess.ca



March 18th

10:30

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.



March 24th

Pot Luck

Time - To Be Determined

Pot Luck - \$5.00

Lets enjoy the season together.

UPCOMING EVENTS

HAPPY EASTER

The office will be closed on
Friday, March 29.

Enjoy the weekend with your family and
friends.



LAUGHTER

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard.

After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."



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

DECEMBER PUZZLE ANSWERS

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

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

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

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

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

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

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

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

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

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

printable-sudoku-puzzles.com

Samurai sudoku No. 1879

printable-sudoku-puzzles.com

Samurai sudoku No. 919

REMINDER

**Vehicle Registration
Renewals For March**
Last Names Starting With
B or Y



PUZZLE - WORD SEARCH

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

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W H E H F A W N S R E T S Y O F R O G
A L I C E S S A L G G N I K O O L N I
U P S O T R D R A U G D A I S I E S E
A O W O W E O R T D R E D Q U E E N G
I E L R E T K I T T Y H S T M H E N A
N T I B E N N W A N A R S U U T A J T
W R O E D E Y U H I R P A M R T A H S
O Y N L L P T K G I O O P T S L G O G
R D W E E R H H C R T T C O T I A N G
C I H P D A A I D O Y E L I N L I W A
N N T H U C S W L D W D Q K N K E R I
E A E A M G O N U L I R E U D U E C H
D H S N S N N M W E U T E E E D O S O
L S O T S H P I R A I M R B K E E E I
O T R T O T A S K H P M B N B T N R E
G A N N Y E I W W E T T I R E A C A H
N E D R A G E R L M T G R L E H J U O
T W E E D L E D E E H I O A E L R Q E
Y L I L R E G I T T N I H S I O L S R
T A O B B E E T L E V L S W E N S A S
    
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ALICE
BEETLE
BOAT
BROOCH
CARPENTER
CHESS
DAISIES
DINAH
ELEPHANT
FAWN
FROG
GARDEN

GNAT
GOAT
GOLDEN CROWN
GUARD
HAIGHA
HATTA
HILL
HUMPTY DUMPTY
JABBERWOCKY
KITTY
LION
LOOKING GLASS

OYSTERS
PAWNS
POETRY
RATTLE
RED KING
RED KNIGHT
RED QUEEN
ROSE
SHAWL
SNOWDROP
SOLDIERS
SQUARES

TIGER-LILY
TRAIN
TWEEDLEDEE
TWEEDLEDUM
UMBRELLA
UNICORN
VIOLET
WALRUS
WHITE KING
WHITE KNIGHT
WHITE QUEEN

JANUARY ANSWER - THE HIGHEST HAPPINESS ON EARTH IS THE HAPPINESS OF MARRIAGE

PUZZLE - CROSS MATH

Place the digits 1-9 in the empty white squares so that the 3 horizontal and 3 vertical equations are true. Each digit will be used exactly once. Calculations are done from left to right and from top to bottom.

	+		+		=	15
+		×		÷		
	+		×		=	24
-		-		÷		
	+		-		=	14
=		=		=		
3		12		4		

	-		÷		=	1
+		+		×		
	×		-		=	66
÷		×		-		
	-		-		=	2
=		=		=		
2		10		14		

	+		÷		=	9
+		÷		+		
	×		+		=	26
-		+		-		
	+		+		=	16
=		=		=		
8		10		4		

	-		+		=	9
+		+		-		
	+		×		=	18
+		+		-		
	+		×		=	26
=		=		=		
17		15		3		

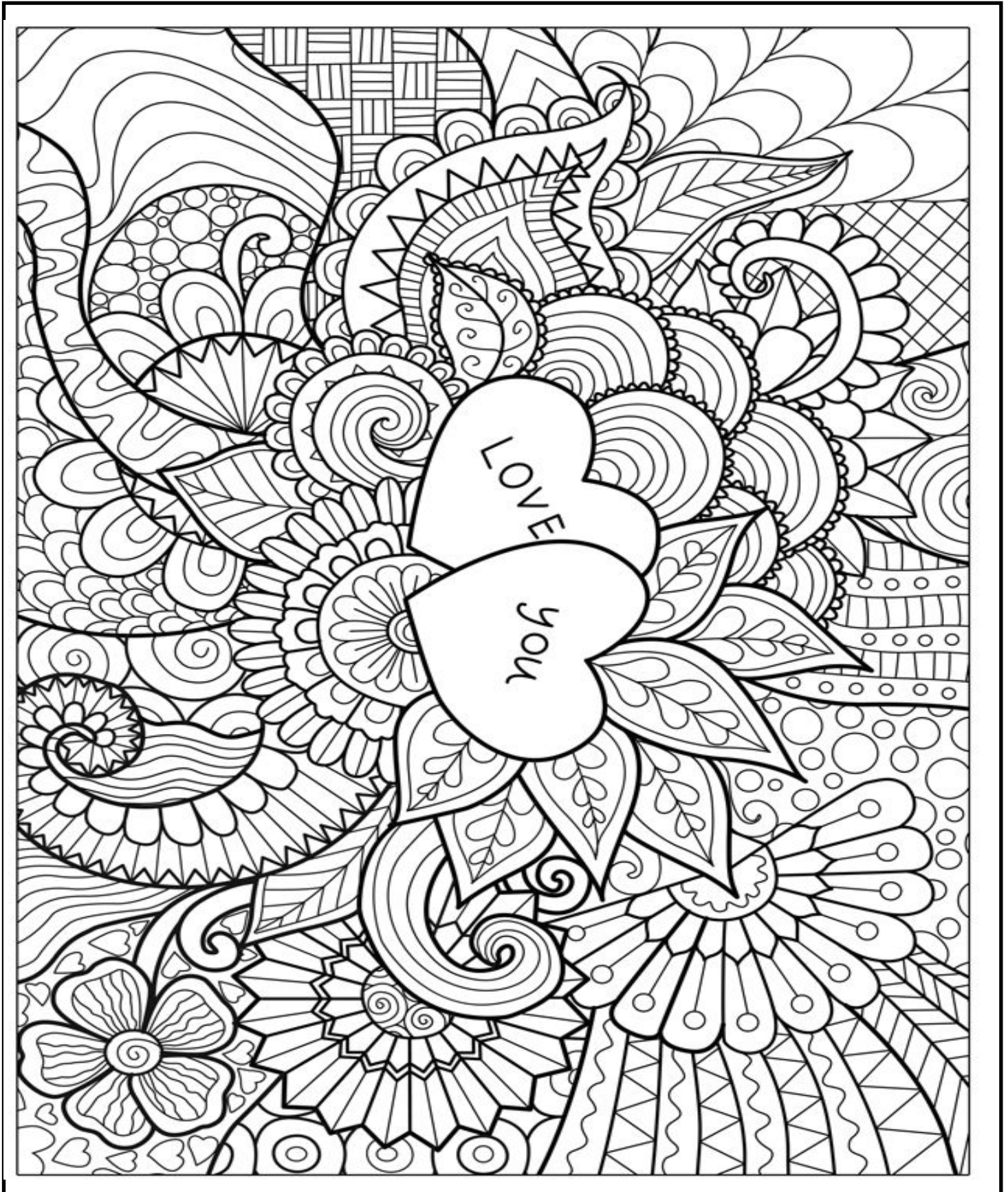
HAPPY
Valentine's
day









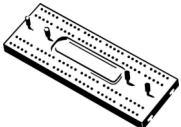

COLOR

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>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>						