

North West Edmonton Seniors Centre Insider News - January 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

- January 5th**
Birthday Party - 1:30
- January 7th**
Pancake Breakfast—10:00
- January 8th**
Board Meeting—10:30
- January 9th**
Edmonton Public Library - 9:45
Foot Clinic - 9:00
- January 12th**
Alta Floor Curling Tournament - 9:00
- January 13th**
Saturday Afternoon Cribbage - 12:30
- January 15th**
Creative Cards - 1:00
- January 19th**
Marigold Floor Curling - Noon
Games Night - 5:30
- January 21st**
Televised Event - 10:30
- January 22nd**
River Cree - 10:30
- January 30th**
Wellness Information Session - 9:45
Family Fun Floor Curling - 7:00

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

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	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, 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

January, the month of new beginnings and fresh starts! May this month fill your days with hope and a renewed sense of purpose. "Your journey begins with a single step. Take it, and make this January the start of something great." – Unknown.

January will bring us the following events:

Birthday Party – January 05.
Pancake Breakfast – January 07.
Alberta Floor Curling Tournament – January 12.
Cribbage Tournament – January 13.
Pot Luck & Games Night – January 19.

NWESS Committees and Board will be involved with the following:

1. City of Edmonton – Meeting with the City representatives on January 19th. Discussions will revolve around our existing lease and proposed renovations.
2. Nominations Committee – Review submitted nomination forms. Meet with nominated individuals. Prepare communication to membership regarding proposed NWESS bylaw changes and date of the Annual General Meeting (February 27, 2024).

Building Committee – Wish list of new furniture and items was compiled and will be submitted for grant applications.

December did not disappoint NWESS programs and events for enthusiasm and memorable moments! A number of our programs held wonderful Christmas parties to end 2023. Our exercise programs completed the 2023 sessions with tremendous participation. Many thanks to all the volunteers that were involved with the NWESS casino draw held on December 17th and 18th. The New Year's Lunch provided strong fellowship and very competitive card games. Finally, the December highlight was the annual Christmas Dinner. This event was a sell-out and well attended by dignitaries and invited guests. My sincerest gratitude to all the volunteers, staff and decorating committee that made this event very special! We all will also remember the Christmas play that brought a laugh to our hearts and a smile to our faces. Thank you to all the performers in the play and our very talented Joyce Ruptash that produced the play! December truly highlighted the strong support from our members and the growing base of volunteers we have developed at NWESS!

NWESS is growing and developing excitement, market awareness and a strong future vision. This is a wonderful time to become a part of this exciting Society! I encourage you to consider involvement with our committees and to seriously consider joining our Board in 2024. Board nomination forms and information are available with our staff and feel free to speak to our existing Board members for input. Sign up and participate in our programs and events starting in January. Enjoy and have FUN!

Yours in service, Frank Zrim - President

INFORMATION



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

President's Message Continued

I leave you with the following thoughts:

"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart." – Roy T Bennett

"Count your age by friends, not years. Count your life by smiles, not tears." – John Lennon

"The great thing about getting older is that you get a chance to tell the people in your life who matter what they mean to you." – Mike Love



The Conrad family would like to thank everyone that was able to attend the Celebration of Life held on November 4th for Gordon. We had a huge crowd attend which is indicative of the amount of people's lives that dad touched. Mom and all the family were overwhelmed with the kindness and support shown. Thanks to all of your kind words and monetary donations in dad's name to the North West Edmonton Seniors Society.

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

Save The Date



Friday, February 2nd
Birthday Party - 1:30pm



Sunday, February 4th
Pancake Breakfast - 10:00am



Monday, February 5th
Board Meeting - 10:30am



Friday, February 9th
Invitational Floor Curling—9:00



Saturday, February 10th
Cribbage -12:30pm



Monday, February 12th
Creative Cards - 1:00



Tuesday, February 13th
EPL Armchair Travel-9:45am



Tuesday, February 13th
Foot Clinic - 9:00am



Tuesday, February 14th
Valentine's Social - 10:00



Friday, February 16th
Games Night/Pot Luck - 5:30pm



Monday, February 19st
Office Closed



Monday, February 26th
River Cree - 10:30am



Tuesday, February 27th
Annual General Meeting - 10:00

NEWS

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.

Saturday Afternoon Crib December 9th, 2023

1st -
2nd -
3rd -

Door Prizes -

Skunk Pot - \$

19 Pot - \$

50/50 Raffle - \$

See you all again on January 13th and
PLEASE COME WITH A PARTNER

Submitted by: Linda Biedrava

December 12th Tuesday Night Floor Curling Rocked the House.

Participants enjoyed an awesome selection of food at the pot luck from cabbage rolls to butter chicken, also the fresh bread buns were delicious. But let's not forget about the wonderful desserts. The group sang happy birthday to Tom and enjoyed an Oiler themed birthday cake. All participants received a surprise gift that they choose by selecting a string. All gifts came with a pun saying and everyone enjoyed a good chuckle. The night ended with 3 - 6 end floor curling games. What an awesome way to start the holiday season.

A huge thanks you to all that contributed and participated in the evening.



It's SURVEY TIME

Requesting your participation, feedback, comments, and ideas on a quick 5-minute survey to rate and comment on the past events at the center and to advise what additional events you would like to see in the future. The survey is available on the info table in the cafeteria and completed surveys to be handed into the front desk. Your participation and comments will help expand future events at the center. Deadline to complete the survey is - January 22, 2024.

THANK YOU!

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!!!



Congrats!



AFCA - December 5th
Jarvie - 4th Place

Former member of Parliament
Kerry Diotte, NWESS president
Frank Zrim and St. Albert-
Edmonton MP Micheal Cooper at
December 2, 2023 Edmonton
Griesbach Conservative
Association Annual Christmas Meet
and Greet at NWESS centre.



NWESS Casino

A special THANKS to all those who helped to make our casino on December 17 and 18 a success.

It was a delight working with all of you.

Carrol Richert

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.

Christmas Dinner

Friday – December 15, Christmas Dinner was a SOLD-OUT success. The evening commenced with our M.C. – Vina Locke welcoming everyone to the event and introducing several local dignitaries. After giving thanks, the guest enjoyed a fabulous meal prepared by our cook Samantha. That was served out by some of our dignitaries and a group of volunteer students from Archbishop O’Leary High School. The night continued with the dignitaries addressing the guests and wishing everyone a wonderful holiday season and a Merry Christmas.

Then came the entertainment for the evening – a wonderful production of Santa’s Vacation. Written and directed by our very own member of NWESS – Joyce Ruptash. The actors were a group of acclaimed individuals from our dynamic drama club. Santa and Mrs. Claus indulged themselves on the beach of Hawaii and how tiny the elf finally convinced them that it was time to return to the north pole. A special thanks Joyce and all who participated/acted in the production for entertaining us for the evening. The night concluded with the draws for multiple door prizes and Santa and Mrs. Clause passing out chocolates and wishing everyone a Merry Christmas!

We would like to acknowledge the following individuals and businesses that donated to the event.

- Councilor Erin Rutherford
- MLA David Eggen
- MLA Brooks Arcand-Paul
- MP Blake Desjarlais
- Dolar Drugs
- Seniors Home Care By Angels
- Diana Kinnear
- Janice Fleming - Epicure
- Lilo’s Detailing
- Safeway at Northgate
- Funky Petals
- Fransico—Strathcona Seniors
- Chartwell - Sharon Pandza
- Yesterday’s Auto Gallery



2023 Goodbye, HELLO 2024!

NWESS rang in the New Year a few days early. A lunch and dance was held on Friday, December 29, 2023. Our president – Frank Zrim welcomed all the guest to the event. A buffet of Chinese food was on the menu. After the delicious meal, the guest enjoyed entertainment from a group of talented musicians from our very own jammers group. Over the next hour or so many of the guest enjoyed dancing and we are pleased to announce that no injuries occurred. A photo area was available to capture some great shots with friends throughout the event. Once the music concluded, the games broke out. Many laughs and maybe a few unkind words filled the hall as the games continued into the evening. A special thank you to all that contributed and participated in making the event a memorable occasion. May 2024 bring you good health, many laughs, and wonderful memories.



WELCOME
2024



“MOVE” into the New Year

The next session of **“FIT FOR YOUR LIFE”** begins on January 10th and continues to and includes March 1st. Classes are Wednesdays and Fridays from 9:30 to 10:30 AM. (Some early starts may occur due to special events at the centre)

These exercise classes target a varying range of fitness levels and abilities. Our instructor Cathy will provide alternatives to accommodate participants at their individual abilities. Maintaining “your fitness” is the goal of the session.

Classes include some cardio, use of light hand weights, fitness balls and resistance bands.

All equipment (except for the resistance bands) is available at the centre. Cost will be determine by the number of participants.

You may sign up in the cafeteria. For more information, call the centre at 780-451-1925.



“Chase The Ace”

WINNERS

December 7th

Keith Foster - \$46.50

December 14th

Elsie Bondarchuk - \$45.00

December 21th

Mike Dolynny - \$37.00

Pot is at \$1,208.00

Draws are made every Thursday.

Good Luck



This class is an overall body workout which includes exercises and postures for strength, balance and flexibility as well as breathing and relaxation techniques. This class is **gentle yoga** especially modified for seniors.

Classes begin Monday, January 8th, 9 – 10:30 a.m. and conclude March 25th. New class members will require a yoga mat. Wear comfortable clothes and bring a small blanket for a cover during relaxation time. Cost will be determined by the number of participants.

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, January 5th
Entertainment - Social

Ann	Andrews	Jan 20	Dorothy	Miles	Jan 25
Caroline	Anker	Jan 26	Doug	Myroniuk	Jan 22
Walter	Balay	Jan 30	Stacy	Myroniuk	Jan 7
Claudette	Bokenfohr	Jan 6	Juliette	Nielsen	Jan 4
Carrie	Boyden	Jan 25	Jim	Normey	Jan 8
Lillian	Brooks	Jan 12	Jim	Paris	Jan 18
Betty	Duerr	Jan 12	Charlotte	Popowich	Jan 16
Dina	Giesbrecht	Jan 4	Charles	Richards	Jan 18
Diane	Horst	Jan 24	Mary	Romaniuk	Jan 30
Zenobia	Jaffer	Jan 20	Ron	Sim	Jan 12
Tia	Leslie	Jan 2	Betty	Simpson	Jan 4
Annie	Low	Jan 29	John	Simpson	Jan 6
Carol	MacDonald	Jan 18	Jerome	Toronchuk	Jan 26
Jean	Medisky	Jan 25	Shelley	Tupper	Jan 30
			Karen	Walter	Jan 26



UPCOMING EVENTS



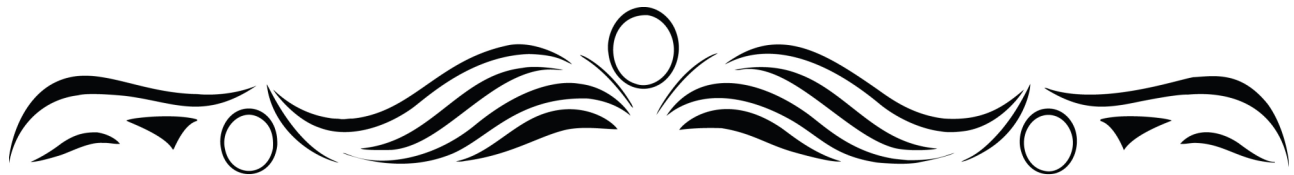
EVERYONE
WELCOME

January 7th

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.



FEET FIRST - Monthly Foot Care



Angie is here on

Tuesday, January 9th @ 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

January 13th

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, January 15th - 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.

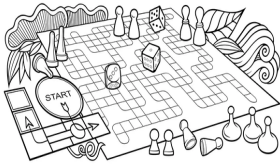
Why don't you give it a try? There is no long term commitment. You sign up for the classes that fit your schedule. We welcome some new faces.

UPCOMING EVENTS

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

Friday, January 19th
5:30 pm

Everyone Welcome
Bring your favorite dish and join us.



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



FUN TIMES



**CANADIAN
OPEN**
GRAND SLAM OF CURLING

Sunday

January 21st, 2023

Men's @ 10:30 & Women's @ 3:00.

\$5.00 per person

Potluck

Cash Bar with Wine and Beer

Good Company, Lots of Laughs and

Tons of Fun.



**GRAND SLAM
OF CURLING**

UPCOMING EVENTS



Monday, January 22nd

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.



Wellness & Information Session

Tuesday, January 30th, 2024 - 9:45

To Be Determined

UPCOMING EVENTS

Family Fun Floor Curling Evening



Bring your family and friends and join us for a fun evening of floor curling.

Don't know how to floor curl? No problem, we are always glad to show anyone and everyone how it works.

January 30th at 5:30

Sign up in the cafeteria - Snacks provided..



Birthday Party
Friday, February 2nd
1:30
Entertainment:
T.B.D.



EVERYONE
WELCOME

February 4th

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.

UPCOMING EVENTS

Saturday Afternoon Cribbage

February 10th
Play Starts @ 12:30



\$5.00 per Person

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

Tuesday, February 13th
9:45 to 10:45



To Be Determined

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

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

Valentine's Day *February 14th* *Coffee & Sweets*

Join us for a social time to visit, enjoy some laughs and the company.

\$5.00

Purchase your tickets before February 7th.



UPCOMING EVENTS




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

Friday, February 16th

5:30 pm
\$2.00 with a dish
\$7.00 without a dish
Everyone Welcome
Bring your favourite dish if you wish.




February 25st
Pot Luck
1st game @10:30
Pot Luck - \$5.00
Lets enjoy the season together.



February 26th
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.



AGM
Annual General Meeting

FEBRUARY 27TH
10:00

PLAN ON JOINING US

YOU HAVE A VOICE -
YOU HAVE A CHOICE

Here's a home remedy,
Go Home.
Hey, it'll make
me feel better!



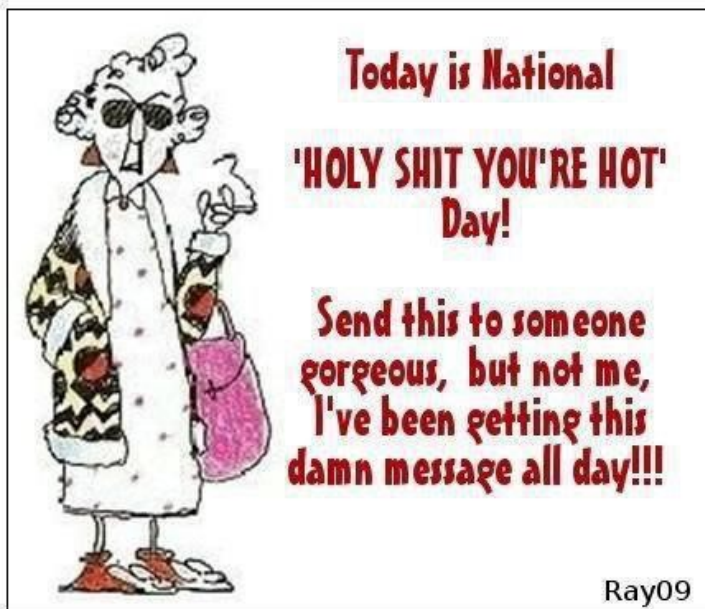
SENIOR'S LAMENT

A few days ago I was tooling along through a neighborhood on my wheelchair when I noticed a young boy sitting on the retaining wall in front of his house, crying as if his heart was breaking.

I pulled alongside the youngster and asked, "Son, what's the matter? Why are you crying so?"

I'm... cry... crying 'cause I can't do what my 20-year-old brother does," he said.

So I sat there and cried with him.



THE FROG, THE KISS, THE SURPRISE

So, this senior citizen was walking across a damp meadow when he heard a female voice say, "Sir, I would like to ask a great favor of you "He looked around and saw only a frog sitting on a grass pod. "I must be going nuts," he thought, "There's no one here."

The voice then said, "Please, sir. Please help me."

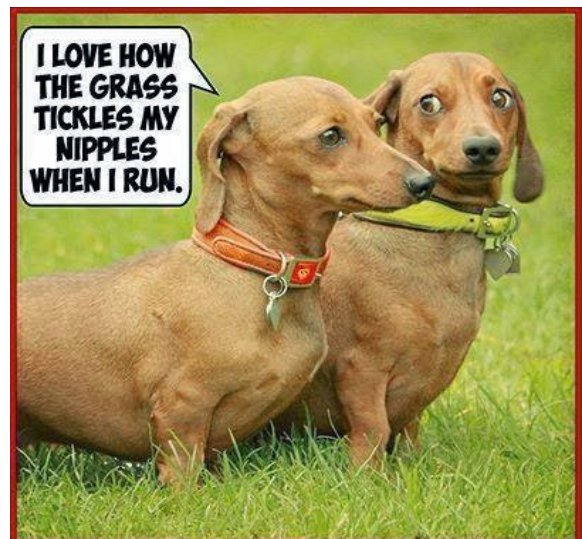
Again all he saw was the frog which was looking straight at him. "Who said that?" he asked rather loudly.

"I did, sir. I'm the frog. I was a beautiful 19-year-old princess but a witch put a spell on me. Please help me."

The old man picked up the frog and held it in his hand. "How can I help you?" he asked.

"The only thing that will break the spell is to have a man kiss me in the mouth. Please do it for me, and then I will again turn into a beautiful, sexy, princess, and I will really make you feel young again. I will make great love to you."

The man closed his hand about the frog and stuffed it into his pocket. "At my age," he said, "I'd rather have a talking frog."



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

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

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Sauruai sudoku No. 897

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Sauruai sudoku No. 1366

REMINDER

**Vehicle Registration
Renewals For February**
Last Names Starting With
M (not Me) or Q



THIS PUZZLE IS TERRIFIC By Timothy E. Parker

1	P	A	R	T	5	S	L	A	S	8	H	13	M	U	S	15										
14	I	G	O	R	17	P	A	P	U	A	20	A	S	T	I	22										
23	N	A	V	E	26	E	T	H	E	R	29	Y	U	A	N	31										
34	G	R	E	A	T	W	H	I	T	E	37	S	H	A	R	K										
40	P	E	R	I	O	D	43	S	H	I	M	46	C	E	L	T	S									
52	O	T	I	S	55	P	R	O	O	F	58	S	E	A	61	S	E									
64	S	U	P	E	R	F	L	Y	W	E	I	G	H	T	S	67	L	U	C	K						
74	T	I	E	77	O	B	O	B	O	E	80	L	I	G	H	T	S	83	L	U	C	K				
89	B	R	U	N	O	92	O	B	I	T	95	S	W	A	T	H	S	98	L	U	C	K				
104	C	L	O	U	S	T	107	A	L	I	A	S	110	N	E	W	S	113	N	E	W	S				
119	O	U	T	122	L	I	M	I	N	G	125	N	O	R	A	L	128	N	O	R	A	L				
134	C	E	R	T	137	U	S	A	G	E	140	S	I	D	E	143	S	I	D	E	146	S	I	D	E	
151	E	R	N	S	154	M	I	N	E	R	157	T	E	E	160	T	E	E	163	T	E	E	166	T	E	E

PUZZLE - WORD SEARCH

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

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

AFFECTION
BEST MAN
BOUQUET
BRIDE
BUDGET
CAKE
CARING
CATERER
CELEBRATION
CEREMONY
CHURCH
CONGRATULATIONS
COUPLE

DANCE
DIAMOND
DINNER
DRESS
DRINKS
ENGAGEMENT
FLOWERS
GIFTS
GOWN
GROOM
GUESTS
HONEYMOON
INVITATION

LIMOUSINE
LOVE
MAID OF HONOR
MAKEUP
MARRIAGE
MINISTER
MUSIC
NEWLYWEDS
PARTNER
PHOTOGRAPHER
PRIEST
PROPOSAL
RABBI

RECEPTION
REGISTRY
REHEARSAL
RINGS
RSVP
SHOES
SPEECHES
SPOUSE
TOAST
TUXEDO
VEIL
VOWS

DECEMBER ANSWER - Tis The Season To Be Jolly

PUZZLE - SUDOKU

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

						3		9		5								
						8				1								
						7			5									

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

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Samurai sudoku No. 1879

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

						2													
								3											
										8									
						6													

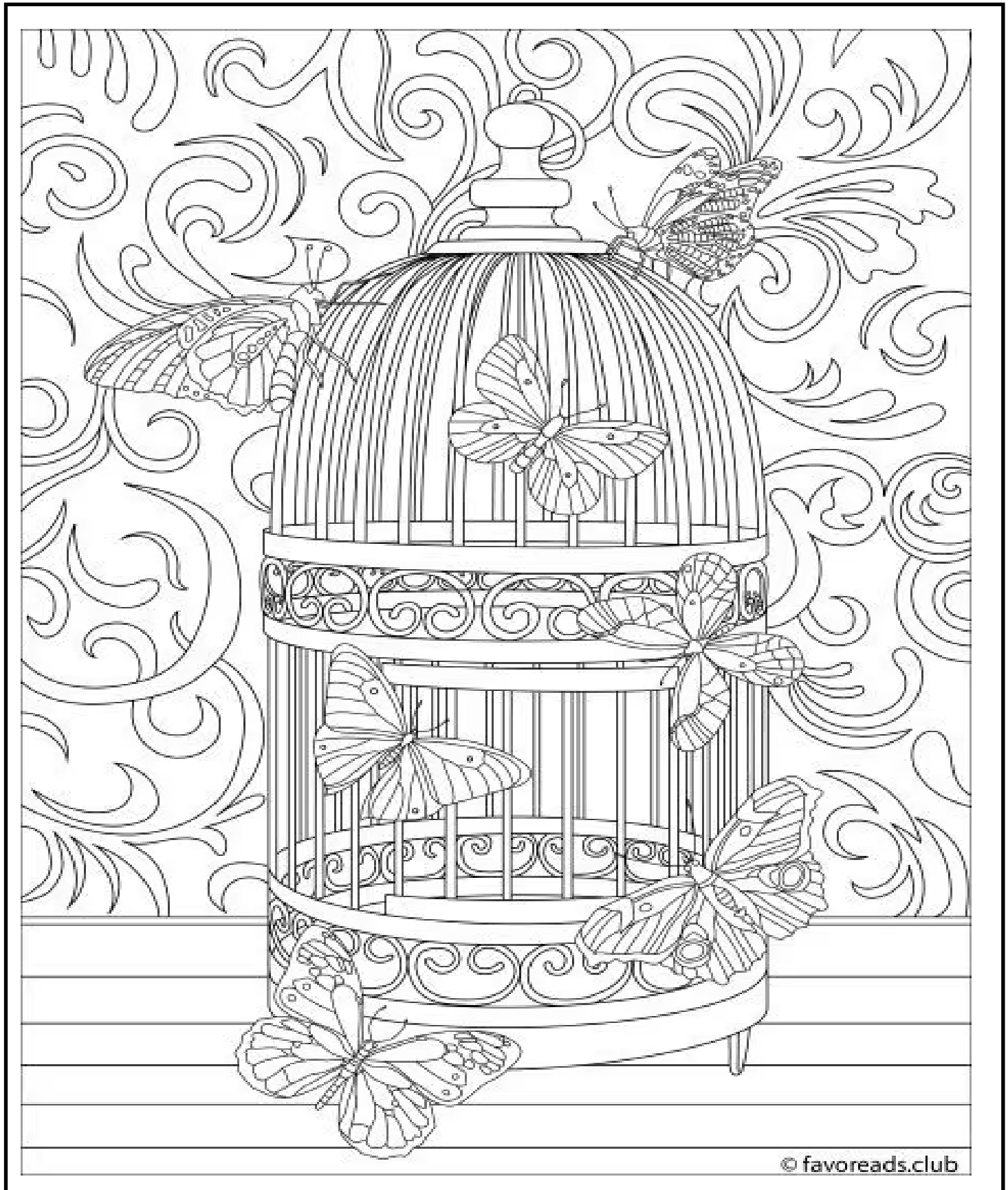
8			4			5		3				2		8	6	3	1		
4	1	9		5			2			9		8	1		7	3			6
						4	8	9	1			3			4		5	2	8
				6	4		9	7				7		9	6				4
3	4		9			6						1			5		2		
	8	6				1	4					9		6					
7				9	1								8				4		2
			5					6											
6				4		8	7												
													3	7		4			

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Samurai sudoku No. 919








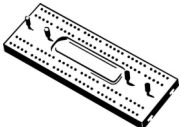

COLOR

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.



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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>						