#### North West Edmonton Seniors Centre Insider News - March 2024 JORTH 4 12963 - 120 Street NW Ph: 780-451-1925 NON Edmonton, Alberta Monday to Friday T5E 5N8 8:00 - 4:00 Where Friends Meet on 120th Street Ľ Q Visit us on Facebook : https://www.facebook.com/NWESSevents or our Website: www.nwess.ca **IMPORTANT DATES INSIDE THIS ISSUE** SEE INSIDE FOR MORE INFO March 1<sup>st</sup> President's Message Page 3 Birthday Party - 1:30 Save The Date Page 4 News Page 5 - 10 March 3<sup>rd</sup> Upcoming Events Page 11 - 15 Pancake Breakfast - 10:00 **Puzzle Answers** Page 20 March 9<sup>th</sup> Puzzles Page 21 Saturday Afternoon Crib - 12:30 **Program Schedule** Page 22 March 10<sup>th</sup> Montana's Brier -10:30 March11<sup>th</sup> Board Meeting - 10:30 Supported By: Creative Cards - 1:00 March 12<sup>th</sup> Foot Clinic - 9:00 LOOR AND WALL SOLUTIONS FROM EPL - 9:45 March 14<sup>th</sup> & 15<sup>th</sup> enior Home Care Tax Clinic - 10:00 by Angels March 15<sup>th</sup> Games Night - 5:30 Dolar Drugs March 16<sup>th</sup> Spring Market 10:00 -3:00 March 18<sup>th</sup> (ProPc Inc.) River Cree- -10:30 March 24<sup>th</sup> Women's World Curling -2:00 March 29<sup>th</sup> Good Friday - Office Closed Family and Community

1

Support Services

### BOARD MEMBERS

President Vice President Treasurer Secretary Director Director Director Director Director

Frank Zrim Sandy Bilawchuk Linda Frank Vina Locke Shelley Tupper Ursula Webber Dale Conrad Kerry Diotte Marj Bowes

#### 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/Fundraisin	g Frank Zrim, Linda Frank,
	Carrol Richert, Kerry Diotte
Membership	Frank Zrim, Dale Conrad,
	Kerry Diotte
Nominating	Frank Zrim, Carrol Richert,
J	Linda Frank, Vina Locke,
$\mathbf{N}$	Anne Worobec, Sandy Bilawchuk
$\mathbf{X}$	

### STAFF

Hours
8:00 - 4:00
9:00 - 3:00
9:00 - 3:00
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 31<sup>st</sup> each year.



Bingo **Birthday Party** Bocce Canasta **Creative Cards** Cribbage Cribbage Eve Drama Club Euchre Fit For Your Life Floor Curling Fun & Fitness Games Night Jam Session Jammers

Pickleball Quilting **Rag Bag Crafters** Sat Aft Cribbage Shuffleboard **Televised Events** Whist Wool Crafters Yoga

**Delores Heck** Ursula Webber Vicky & Mike Dolynny Liz Tarkowski Valerie Granoien **Florence Meronowich** Ed Biedrava Joyce Ruptash Linda Frank Ursula Webber Vacant Floor Shuffleboard Vicky & Mike Dolynny Vina Locke Linda Biedrava Betty Simpson **Dave Chabillon** AI McKort Pancake Breakfast Delores Heck & Jim Paris Judy & Dale Conrad Sonia Barton May Brooks Linda Biedrava Al Hoffman **Jim Paris** Florence Meronowich Linda Biedrava Gil Gagne



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

Here we stand in the no-man's-land between winter and spring...in other word's March, full of hope and frustration. Although our winter has been comparatively mild this year, it feels like we are all waiting for that magical day on the calendar... the end of winter! Remember, when March comes in like a lion it goes out like a lamb.

Congratulations to the newly elected Executive and Board Directors. I am looking forward to your involvement with our dynamic existing Board members. This year will bring NWESS a continuation of strong programs, exciting events and new initiatives. Thank you to the members that braved the weather conditions to attend the AGM and expressed their ideas.

Enjoy celebrating St. Patrick's Day (March 17<sup>th</sup>) and the start of spring. I leave you with the following thoughts:

1. You must learn from the mistakes of others. You can't possibly live long enough to make them all yourself. – Sam Levenson.

 Remember, today is the tomorrow you worried about yesterday. – Dale Carnegie. If you think you are too small to make a difference, try sleeping with a mosquito. – Dalai Lama.

> Yours in service, Frank Zrim President NWESS

### <u>FUN & FITNESS ALL YEAR LONG</u>

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!!!





### Save The Date



Friday, April 5<sup>th</sup> Birthday Party - 1:30



Sunday, April 7<sup>th</sup> Pancake Breakfast - 10:00



Monday, April 8<sup>th</sup> Board Meeting - 10:30



Tuesday, April 9<sup>th</sup> EPL Armchair Travel - 9:45



**Tuesday, April 9**<sup>th</sup> Foot Clinic - 9:00



Thursday , April 11<sup>th</sup> Tax Clinic - 10:00



Saturday, April 13<sup>th</sup> Cribbage -12:30



Monday, April 15<sup>th</sup> Creative Cards - 1:00

Friday, April 19<sup>th</sup> Volunteer Appreciation - Noon



Friday, April 19<sup>th</sup> Games Night/Pot Luck - 5:30



Monday, April 29<sup>th</sup> River Cree - 10:30





### 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



### Family Fun Floor Curling

On Tuesday, February 6 – we held our first ever family fun night. We had over 40 people in attendance. The event started with a few of the members – Al, Dale and Dave offering instruction to our new curlers and allowing them to practice throwing. Then we divided into teams and played a quick 4 end game before we stopped for snacks. Snacks of pizza, veggies and dip, chips, cheesecake, and cookies were donated by the following family members; Conrad's, Hutton's, Sawatski's and Winchester. The night continued with two more four end games of curling. It was determined that floor curling has no age limit as the oldest curler was 94 years old (Emma) and the youngest was only 4 years old (Brynn). It was a great opportunity for everyone to experience floor curling with family and friends. Keep an eye out for our next event!



### **Annual General Meeting**

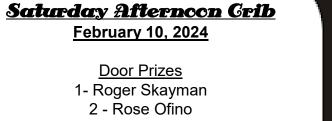
On February 27, 2024 – North West Edmonton Senior Society held its annual general meeting. The meeting was called to order by our president – Frank Zrim. Metrix Group, Chartered Professional Accountants presented our Financial Statements. Frank then presented the President's report. Linda presented the Treasurers report. Reports, giving an update from the past year were then presented from various program liaisons. New business took us to review, question and vote on accepting the proposed by-law changes. Two well deserving individuals were then presented with Life Memberships!

Congratulations to Betty Simpson and Wes Forrester. We thank you for all you did and continue to do for our center.









- 3 Len Panas
- 4 Dean Scott

1<sup>st</sup>- Angele McLeod & Al Hoffman 2<sup>nd</sup>- Dave Sawatski & Carol Ryll 3<sup>rd</sup>- Brenda Winchester & Janice Sawatski

Skunk Pot - \$9.00-Ed & Linda Biedrava 19 Pot - \$33.75-Verna Dunseath 50/50 - \$122.50 - Terry Samsoniuk

Summitted By Linda Biedrava

See you all again March 9<sup>th</sup>



goes out to our Decorating Committee. They are doing a wonderful job keeping our centre looking happy and colorful. Good Job!





Villienuve Invitational - 3<sup>rd</sup> Place February 22<sup>nd</sup> - 3<sup>rd</sup> Place

### February Floor Curling Invitational

NWESS held its first invitational floor curling tournament for 2024 on Friday, February 9, 2024. 20 teams attended the tournament, the teams travelling some distance were from Drayton Valley, Strome, Jarvie, and St Paul.

At the tournament we honored Gordon Conrad. Gordon was a lifetime member of NWESS and a very avid floor curler. A donation was made to give out door prizes in Gordon's memory. The lucky winners of the door prizes were:

Cheryle Murray – Floor Curling Stick Verna Hines – Floor Curling Stick Betty Schubert – Shoe Bag

Various snacks were provided by NWESS members that curled in the event and a delicious lunch was prepared by our cook Samantha. Throughout the day 50/50 tickets were sold and the lucky winners were:

Cindy Stuckless – Strome Verna Hines – Drayton Valley Rose Orfino – NWESS Brenda Winchester – NWESS Cindy Stuckless – Strome (Lucky lady went home with a pocket full of cash) Keith Foster - NWESS

Once all the games were played and the points were tabulated, the winners of the tournament were:

1<sup>st</sup> – Team Gibson from Jarvie 2<sup>nd</sup> – Team Dolynny from NWESS 3rd – Team Simonsen from NWESS

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



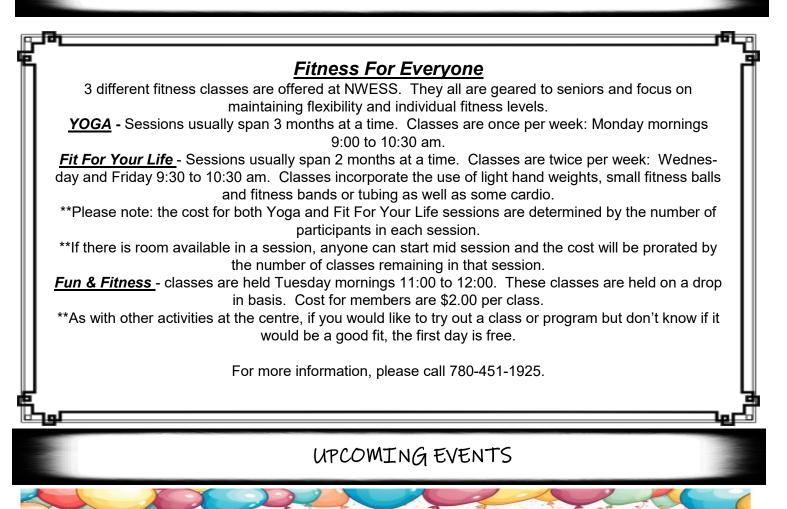
1<sup>ST</sup> Place Gibbson - Jarvie



2<sup>nd</sup> Place Dolynny - NWESS



3<sup>rd</sup> Place Simonsen - NWESS



### HAPPY BIRTHDAY TO YOU - Friday, March 1<sup>st</sup> Entertainment - Family Feud

Dianne Hanna Morley Elsie Barb Kathleen Karen Hazel Phyllis Jean Debra Irene Colleen Emma	Androschuk Bindas Blazenko Bondarchuk Boyd Bradley Braun Croft Culbertson Dahle Day Day Funk Germain	Mar 15 Mar 22 Mar 12 Mar 26 Mar 25 Mar 11 Mar 20 Mar 18 Mar 8 Mar 13 Mar 1 Mar 19 Mar 1 Mar 1 Mar 1 Mar 3	Karen Ed Yvonne Stella Eunice Madonna Marianne Shirley Ralph Vic Joanne Joyce Sharon Diane	Gramlich Granoien Hoekstra Kiriak Lea-Wilson Lussier Maier Matan Merpaw Nadurak Ridden Roggeveen Savage Segouin	Mar 3 Mar 28 Mar 5 Mar 15 Mar 7 Mar 28 Mar 26 Mar 26 Mar 14 Mar 7 Mar 16 Mar 17 Mar 27 Mar 27 Mar 4
-				U	
Mervan	Gorrie	Mar 1	Steve	Sides	Mar 25
			Beverley	Thornton	Mar 17 🚄

### UPCOMING EVENTS Pancake Breakfa EVERYONE WELCOME Saturday Afternoon March 9<sup>th</sup> Play Starts @ 12:30 March 3rd 10:00 et's Play Enjoy pancakes, scrambled eggs, Cribbage sausage or ham and beverages. All for \$8.00. \$5.00 per Person Come and enjoy great food, You must bring your own good times with family and partner and join in on the fun. friends. BIG SCREEN SPORTS Creative Cards ONTANA Monday, March 11<sup>th</sup> - 1:00pm \$8.00 Per Person - Includes **Facility Fee** March 10th 2 Noon & 6:00 Please bring your own tape, runner and cutters. ÞM Please sign up in the cafeteria. \$5.00 per person Potluck Cash Bar with Wine and (Example Beer Only)

### UPCOMING EVENTS

*FEET FIRGT*-Monthly Foot Care

Angie is here on

**Tuesday, March 12<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



### Jam Session March 13<sup>th</sup>

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

St. Patrick's Day Dance

Come dressed in your best green and gold outfit and join in on the fun.

May the luck of the Irish n be with you!

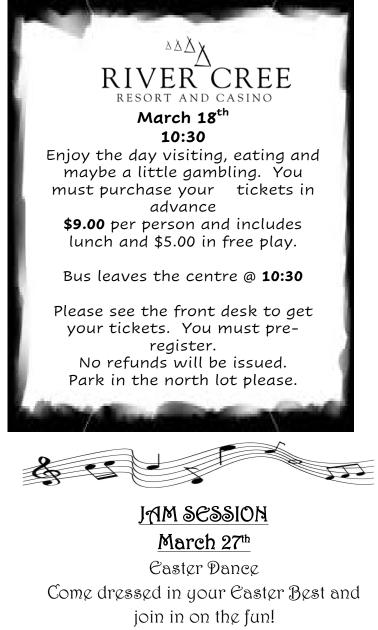


Community Volunteer Income Tax Program

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





From the crew of Betty, Terry, Moe,

Lillian & Evelyn

### UPCOMINMG EVENTS

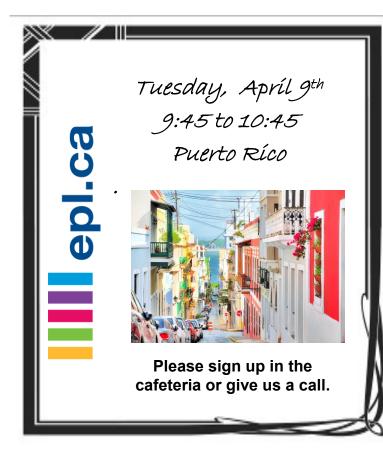




EVERYONE WELCOME

**Apríl 7<sup>th</sup>** 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.







Angie is here on

**Tuesday, April** 9<sup>h</sup> @ 9:00. Call the office or sign up in the cafeteria to book your appointment. The cost is \$40.00 and please bring



### UPCOMING EVENTS



### INFORMATION



## EVERYTHING YOU DO

If you and or your family members would like to volunteer your time, please stop by the office and speak to us. We will be glad to give you any Information that you need.

### UPCOMING EVENTS



### NWESS needs your help!

We are hosting a spring market on Saturday, March 16, 2024. 10am to 3pm

At this event we are planning a bake sale for a fund raiser for the center. So, we need your help with donations of baked goods.

Guideline for Bake Sale:

- Alberta Health Services requires all home-baked goods offered for sale are low-risk, which means foods that do not support bacterial growth or required refrigeration.
- Wrap all baked goods with new, clear plastic to protect it from contamination, dust, and germs.
- List of ingredients in the product, in case of allergy inquiries.

Low-Risk Foods and Allowed for Sale	High-Risk Foods and Not Allowed for Sale					
√ Bread or buns	X Beef jerky, cabbage rolls, perogies					
√ Cakes, squares, muffins	X Cakes or pies with cream, cheese, egg or pudding fillings					
√ Cookies	X Cream éclairs or cream puffs					
√ Fruit pies	X Dairy products such as milk, cream, yogurt, cottage cheese, or butter					
√ Jelly rolls	X Home canned/processed food items					
$\checkmark$ Sweet dough items like doughnuts	X Icings made with eggs or dairy products					

We will be accepting baked good donations on Friday, March 15 from - 9 am to 3 pm or Saturday morning before 10 am.

Contact person for the bake sale is - Judy Conrad (780-719-9538), please feel free to contact her if you have any questions.

### Thank you in advance for your support!



### NORTH WEST EDMONTON SENIOR SOCIETY

### (non-for-profit organization)

# SPRING MARKET CRAFTERS, VENDORS & BAKE SALE

## DATE—SATURDAY, MARCH 16, 2024 TIME— 10 AM to 3 PM

### LOCATION - North West Edmonton Senior Center

### 12963 - 120 Street NW, Edmonton

# FREE



# ADMISSION

### Concession available



### ATTENTION – ALL MEMBERS

Based upon the feedback and comments from the January 2024 Survey, we would like to know if you prefer a June – Summer Sale or an October – Fall Sale (at either of these sales -donations are gathered for resale and the crafting clubs get an opportunity to sell their products). Also, would you like to see this as a one- or two-day event, keeping in mind that volunteers would be needed to man the duration of the event. Most important for the event to occur a lead is needed to organize and run/manage the event. This could be one person or a team of several people. Please let us know your thoughts by completing the options below and handing it in at the office by March 15<sup>th</sup>.

### Please select only ONE sale event option!

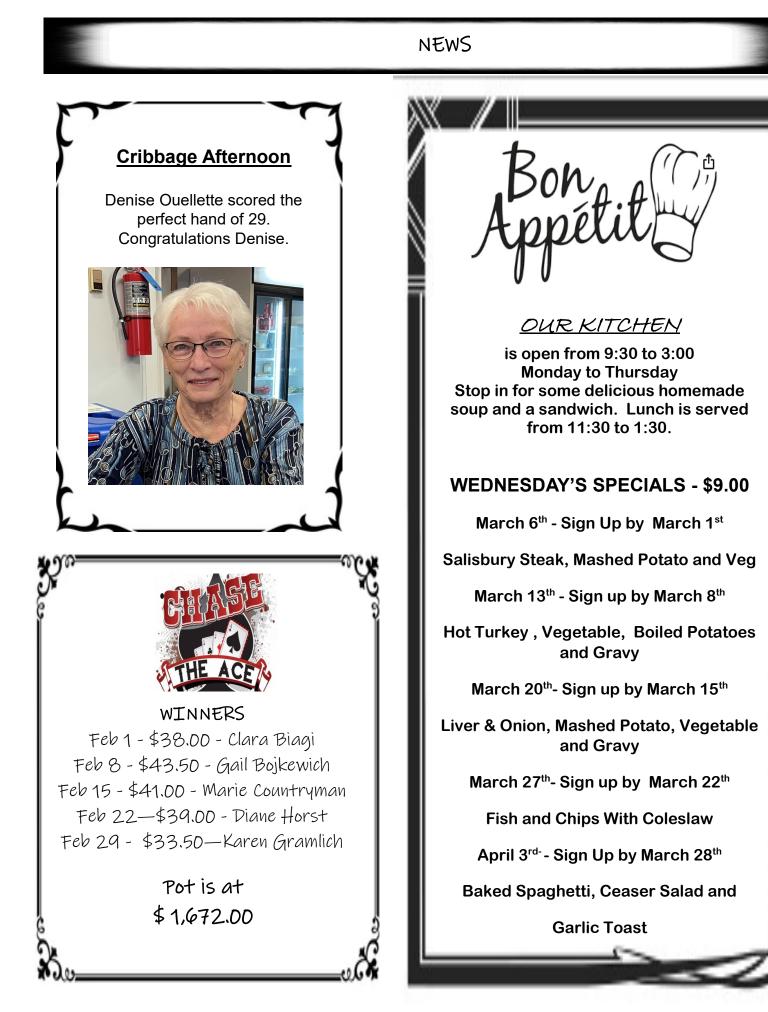
- \_\_\_\_ June Summer Sale One Day event
- \_\_\_\_ June Summer Sale Two Day event
- Fall October Sale One Day event
- Fall October Sale Two Day event

Please select only ONE of the options below!

- Lead Organize and Manage the event solo.
- Lead Organize and Mange the event as part of a team.
- Volunteer at the event.

Name - \_\_\_\_\_

Contact Info - \_\_\_\_\_





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specializing in pharmaceutical care

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.

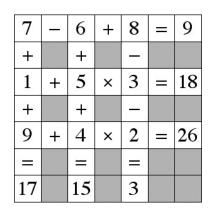
Paid Advertisement

### FEBRUARY PUZZLE ANSWERS

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**St. Patrick's Day** Find and circle all of the words that are hidden in the grid. The remaining 34 letters spell a secret message.

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BEER BELFAST BISHOP CABBAGE CELEBRATION CELTIC CROSS CHRISTIAN CLOVER CORK CORK CORNED BEEF	DANCING DUBLIN EVENTS FEAST DAY FESTIVAL GREEN GUINNESS HERITAGE HISTORY HOLIDAY	HOLY DAY IRELAND IRISH LEPRECHAUN LIMERICK MARCH MISSIONARY MUSIC PARADE PATRON SAINT	POTATOES SEVENTEENTH SHAMROCK SNAKES SODA BREAD TRADITION YEARLY
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February Answer- WHEN I USE A WORD, IT MEANS JUST WHAT I CHOOSE IT TO MEAN - NEITHER

### PROGRAM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pancake Breakfast 1st Sunday of Every Month 10:00 - Noon \$8.00	Yoga 9:00 - 10:30 do yoga and yoga CNJOY	<b>Pickleball</b> 9:00 - 11:30 <b>Fun &amp;</b> <b>Fitness</b> 10:45 - 12:00	Fit For Life 9:30 - 10:30	Pickleball 9:00 - 11:30 Quilting 10:00 - Noon Bridge 11:30	Fit For Life 9:30 - 10:30 (Some early starts may be required.)	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Euchre 1:00 - 3:00 Floor Shuffle- board 1:00 - 3:00	Bingo 1:00 - 3:00 Canasta 1:00 - 3:00	Jam Session 1:00 - 3:30 Whist 1:00 - 3:00 Wool Crafters 1:00 - 3:00 Bocce 1:00 - 3:00 (Weather Permitting)	Cribbage 1:00 - 3:00 Floor Curling 1:00 - 3:00 Rag Bag Crafters 1:00 - 3:00 Drama Club 3:30 (When Required)	Shuffleboard 1:00 - 3:00 Birthday Party 1:30 - 3:30 1st Friday of Every Month Birthday Free Member - \$3 Non Mem - \$5	Cribbage 2nd Saturday of Every Month 12:30 \$5.00
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Drop In Fee* \$2.00 for Members \$5.00 for Non Members		Floor Curling - 7:00 - 9:00	<b>Cribbage</b> 7:00 - 9:00	Pickleball Starts 6:30	Games Night & Pot Luck 5:30 3rd Friday of Every month With A Dish - \$2 Without - \$7	