
The Bulletin

Hobbs Seniors' Club

February 2023

*We have two ears and one mouth for a reason:
to listen twice as much as we speak.
~Robin S. Sharma*

Hello, everyone, and welcome to our many new members. Before getting down to the business of what's planned for the next couple of months, we have some important reminders.

- As you know from previous communiques, while we are not actually mandating the wearing of masks, we are still strongly recommending their use inside the club. We do, however, acknowledge that some may find this difficult. Given the foregoing, we cannot stress strongly enough the need to be respectful of each other's position on the issue – so, please, let's all work together on this, folks!
- As well – and this is very important – should you contract COVID within 48 hours of being at the club or come into close contact with a positive case, please notify your president as soon as possible, as well as your convener. This way, others who may have been at the same activity as you can be alerted to monitor themselves for symptoms.
- Finally, if you feel unwell, or have a cold or cough, please do not come to the club. Stay home until your symptoms have abated. This applies even if you do not test positive for COVID.

Notwithstanding the above comments, we can all feel comfortable in the knowledge that we have a good measure of protection having had at least three “jabs,” and in most cases four and even five. So, kudos to us!!

EVENTS AND ACTIVITIES

New Year's Eve Blowout: As the saying goes, “A great time was had by all!” Feedback from the event has been nothing but positive – delicious food, great music, and lots of laughs. Looks like everyone was eager to really begin socializing again. Thank you to everyone who helped out; from beginning to end, everything went off without a hitch.

CPR/AED Training: Volunteer instructors and conveners have been invited to attend this fully paid 3-hour course on Friday, February 3. Just adding another layer of safety for our members.

Armchair Travels with Lynda: Care to travel to different parts of the world as seen through the lens of fellow member Lynda Buske? Lynda will take you on a visual trip through Iceland and Norway. She is an avid traveller and photographer, who has amassed hundreds of hours of visual delights in these and many more countries. If you would like to spend a relaxing and enjoyable hour with Lynda, we have reserved Wednesday, February 22 at 1:30 in the very comfortable Theatre at Promenade Seniors' Residence. Please let Sheila Dahl (sdahl@bell.net) know by February 10 if you wish to attend. Further details about where to park, how to access the facility, etc. will follow once we have a list of attendees.

Cribbage Tournament: Saturday, February 18

Time: 1 – 4 p.m.

Cost: \$6:00 for members

What to bring: Quarters for skunks and “19” hands (optional)

St. Patrick's Day Party: We find that we are a little pushed for time to organize a Valentine party, but a St. Patrick's Day event is in the works. More to follow.

SUNSHINE LADY

Don't forget that we rely on you to let us know when a fellow member could use a card: sympathy/condolence, get well, thinking of you.... Please let our Sunshine Lady (Marlene Lake) know @ j_m_lake@hotmail.com, or notify one of the directors.

BOARD OF DIRECTORS

The AGM is still a few months away, but we felt it important to give members a preliminary heads-up that we shall be looking for a new President and a new Membership Director this year. Having extended their terms twice to ensure continuity on the board, Ann and Rosie will finally be stepping down. We are hoping that some of you will give serious consideration to running for these positions. We shall also be looking for a new VP Administration, to do the end-of-month collection, reconciliation, and deposit of activity fees, and to monitor supplies.

A couple of small housekeeping notes:

- Please refrain from wearing your boots in the hall. We have been finding wet footprints, which makes it rather unpleasant for some of our activities – and causes more unnecessary work for Jamie.
- You may have noticed that our little library is almost full. We do appreciate your contributions. We would ask, however, that when adding books to the library, you place them alphabetically by author. If, for some reason, you are unable to find the right spot, please place them on the bottom shelf of the right-hand bookcase so that Ziggy (our librarian) can ensure they end up in the proper location. This will help to keep the shelves organized and make it easier for browsers to find their favourite authors.

And, ending on a lighter note...

Stretch & Tone

Let's do the stretch & tone, it's a good way to build your bones.
 Come on in and take a seat, this is where we all meet.
 Doesn't matter who is near, just as long you have your gear.
 Shake your hands and shake your feet, keep moving to the beat.
 Exercise is easy, exercise is fun, it's great for everyone.
 Let's do the Sit and Stand, do as many as you can.
 Exercise a little bit every day, I am sure you will find a way.
 Bend over to touch your toes, can you do more of those.
 Stretch, bend and twist your body, now you know it's not a hobby.
 Jog, walk, bike, or swim, either way it is a win win.
 Class is over for today, glad that you came our way.
 Close your eyes and think positive thoughts
 See you soon in the same spot.
 Now the chairs are put away, see you in the hallway.
 Have a great day.

(Contributed by Joan Rousseau, a Stretch & Tone participant)

Some age-related chuckles

- Age 60 might be the new 40, but 9 pm is the new midnight.
- The older I get, the earlier it gets late.
- I had my patience tested – I'm negative.
- I finally got eight hours sleep. It took me three days, but whatever.
- I run like the winded.
- I don't mean to interrupt people. I just randomly remember things and get excited.
- When I ask for directions, please don't use words like "east."
- Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds inside my head. That'll freak you right out!



Board of Directors

Ann McConnell, Sheila Dhal, Marjorie Ashworth, Christine Kennedy, Rosie Schurr, Jo Anne Denis

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