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# *The Bulletin*

## **Hobbs Seniors' Club**

**May and June 2020**

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*"The human spirit is stronger than  
anything that can happen to it."*

~ George C. Scott

Of course, Mr. Scott was not alluding to the situation in which we now find ourselves, but it is certainly important for us to consider this as we work our way towards better days in the weeks and months to come. We do hope that you have been managing to find ways to connect with others, keep yourselves occupied, and keep your spirits up during this difficult time. As we enjoy the sunny days that Spring is bringing, let us see them as an indication of better days to come.

In the meantime, it is so important to be mindful of how others may be struggling during this difficult time – especially those who live alone. You are sure to be checking in with your vulnerable friends and neighbours, but if we could all reach out to just two or three Hobbs members we could ensure that no one is falling through the cracks. Also, if anyone needs help, please don't hesitate to call or email Ann at 613-824-7371 or [amcconnell.home@gmail.com](mailto:amcconnell.home@gmail.com); same thing if you know of someone who is sick or in hospital. Another suggestion would be for the various groups or activities to set up a telephone or email tree to check on their members. The bottom line is that we all need to look out for one another.

### **ACTIVITIES AND EVENTS**

As you know, there can be no events or activities before the end of June, and it would not be surprising if we see a very slow return to our normal level of activity even during the summer. The situation is summarized as follows:

- Line dancing, Yoga and Tai Chi will not commence before September – dates to be determined.
- Darts, Stretch and Tone, Sit and Stand will only begin over the summer if allowed and in accordance with local Health Dept. guidelines – in other words, to be determined.
- Same thing for all card and table games.
- The June 9 bus trip will be postponed until sometime in the Fall.

### **ANNUAL GENERAL MEETING**

While the Constitution calls for the AGM to be held before the end of June, these are clearly extraordinary circumstances. It has been decided to postpone the AGM until September, given the uncertainty of the situation for the summer months and the fact that many members go away in July and August. The actual date will be announced later.

### **CALENDAR OF ACTIVITIES AND EVENTS**

There will be no Calendar issued for May/June. The July/August Calendar will be included with the next *Bulletin*.

### **MEMBERSHIP FEES**

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In light of the fact that the Club has had to suspend operations for a time, consideration is being given to reducing the renewal fees for 2020-2021. Details in the next *Bulletin*.

### **SAFETY AND SECURITY AT THE CENTRE**

This matter was discussed by directors in response to concerns that were raised a couple of months ago. It has been decided that the issue of Safety and Security should be included in the Club's Policies and Procedures Manual, which will be updated to include the following:

Under Policies:

- Every effort is to be made to ensure the safety of members and to make sure that no one is left alone in the Centre. (See Procedures)

Under Procedures:

- A buddy system shall be adopted to guard against one person being left alone at the Centre following an activity.
- Should it be necessary to be in the facility alone at any time, the front door is to be kept locked.

In closing, we would like to share a very thoughtful piece, written last month.

#### **By Kitty O'Meara**

*And the people stayed home.*

*And read books, and listened, and rested,  
and exercised, and made art, and played games,  
and learned new ways of being, and were still.*

*And listened more deeply.*

*Some meditated, some prayed, some danced.*

*Some met their shadows.*

*And the people began to think differently.*

*And the people healed.*

*And, in the absence of people living in ignorant,  
dangerous, mindless, and heartless ways,  
the earth began to heal.*

*And when the danger passed, and the people joined together again,  
they grieved their losses, and made new choices, and dreamed new images,  
and created new ways to live and heal the earth fully,  
as they had been healed.*

Kitty O'Meara lives in Wisconsin. A former teacher and chaplain, she is now retired. She offers this up as a story of how it *could* be, what we could do with this time. Let's hope we all listen!

Board of Directors

Ann McConnell, Marilyn Campbell, Nancy Hebert, Christine Kennedy, Rosie Schurr, Nancy Frawley  
Tel: (613)824-7371 – Website: [hobbsseniorsclub.weebly.com](http://hobbsseniorsclub.weebly.com)

***THE HOBBS SENIORS' CLUB IS A SCENT-FREE ORGANIZATION.***