

# HOBBS SENIORS' CLUB

## BULLETIN

### NOVEMBER & DECEMBER, 2018

Autumn is well and truly upon us. We hope that everyone has had an enjoyable summer, and that you are looking forward to filling the winter months with friendship and activity. Your Board of Directors has been meeting regularly and working hard to make the Hobbs Seniors' Club as "user friendly" as possible. Only you can tell us whether we are succeeding.

#### **2018/19 MEMBERSHIP**

Membership renewals have been proceeding at a good pace. As well, to date over 40 new members have joined the Club, and some of our activities have seen a significant increase in participation. A reminder to those still planning to renew: Wednesday, October 31 is the deadline for a discounted renewal of \$15; after that, you will be required to pay \$20. If, however, you will not be renewing your membership, it would be appreciated if you would let Rosie Schurr ([rschurr6433@gmail.com](mailto:rschurr6433@gmail.com)) or Ann McConnell ([amccconnell.home@gmail.com](mailto:amccconnell.home@gmail.com)) know. Also, if you have already renewed (or joined as new members), please be sure to pick up your new card at the Club.

#### **SAFETY IN THE CLUBHOUSE**

As you are probably aware, the City of Ottawa has an automated external defibrillator (AED) installed in the Roy G. Hobbs Centre. Over the summer, members of Stretch & Tone were given the opportunity to receive some preliminary instruction on the use of the AED. We have since been informed that that particular workshop was a free "one off" provided by City staff and that any additional workshops will need to be arranged through the Ottawa Paramedic Service. We are currently investigating what's offered, including whether there would be any cost, and will provide further information when it becomes available.

For your information, the AED is mounted on the wall inside the front door. Also, the Club's First Aid Kit (red bag) is located in the upstairs storage room, on the left-hand side above the tables, and a box of gloves is located in the hall cabinet upstairs. The Board also feels that it would be very helpful, in the case of an emergency, to know who actually has first aid training/certification. Please inform your president AND your activity's instructor/convener if you are among this group. This may all seem rather intimidating, but we think you will agree that, while the likelihood of such an emergency is not great, it is wise to be as prepared as possible.

Also, please be aware that, in the case of such an event, the City of Ottawa requires that an Incident Report be completed. A supply of these forms can be found in the front hall cupboard.

#### **GREENING UP THE CLUB**

As a group of caring, concerned seniors, we hope you agree that we need to do our small part in caring for our environment. Thus, the reason for encouraging the use of reusable containers whenever possible. Plastics, which take decades to decompose in landfill and cause health risks in our lakes and oceans, are real concerns. We can do our part.

Composting can also be part of our daily actions. We have placed a small bin in the kitchen for coffee grounds and filters, tea bags and other compostable items, which we use so freely. This will need to be emptied regularly, and Jamie, our custodian, has placed a large green bin outside the Centre for our use. He has also kindly offered to put it out for pickup every week. Note that cardboard coffee cups and used paper plates may also be put in the green bin.

Any other ideas about how we can be even greener are welcomed for consideration. Thanks for helping!

**SUNSHINE PERSON:** Following many years of dedication, Lynn Raymond has decided to step down from this role. We thank Lynn for her commitment, and are now on the lookout for someone to take up the reins. This person would be responsible for sending out get well or sympathy cards to members or their families. Please contact Ann McConnell if you are interested in this volunteer opportunity.

#### **SHOEBOX PROJECT FOR SHELTERS**

Ottawa's Shoebox Project helps ensure that women over 45 in Ottawa area shelters who are homeless or at risk of homelessness will receive a gift. This year's drive runs from November 1 to December 3. See the Club bulletin board next week for details, go to [shoeboxproject.com](http://shoeboxproject.com), or speak with one of the Directors. Please consider this worthwhile initiative.

#### **ACTIVITIES AND UPCOMING EVENTS**

Please check the accompanying Calendar of Events for up-to-date information; and keep an eye open for details posted from time-to-time at the Centre.

## **OUTDOOR ACTIVITIES**

An organizer is being sought for this activity, which has been virtually dormant for the past year. If you are interested in taking this on, please contact Ann McConnell or Marilyn Campbell to discuss it further.

## **BID EUCHRE, EUCHRE AND BRIDGE**

Most players will already be aware that all Bid Euchre, Euchre and Bridge games are now starting at 12:50 instead of 1 p.m. Note: The Bid Euchre Tournaments will be held on November 19 and December 17, starting at 12:50 p.m.

## **INTERESTED IN LEARNING HOW?**

Some members have expressed interest in learning to play Euchre and Cribbage. Two of our experienced players have offered to spend some time on Tuesday afternoons, beginning November 13, teaching the ins and outs of these games. Please email Marilyn Campbell if you are interested, at [marilyn.campbell32@yahoo.com](mailto:marilyn.campbell32@yahoo.com).

## **SPECIAL EVENTS**

The first three activities below will be utilizing the available free special event evenings in our contract with the City, so there will be no additional cost to the Club. Also, there will be no need to displace any daytime activities. NOTE: In keeping with the Club's environmental incentive, it is hoped that every effort will be made to reduce the use of one-use dishes and utensils.

### **CRIBBAGE NIGHT**

WHEN: Friday, November 9 7 – 9 p.m. (Please arrive by 6:45)  
COST: \$6.00  
WHAT TO BRING: Snacks (optional) / quarters for skunks and "19" hands (optional)  
REFRESHMENTS: Coffee and tea will be available.  
REGISTRATION: Please sign in and pay at the door.

### **LINE DANCING EVENING**

WHEN: Friday, December 7 Potluck 5 p.m. (optional) / dancing begins at 6:30 p.m.  
COST: \$10 for members / \$12 for guests  
WHAT TO BRING: Your contribution to potluck if participating / snacks for evening dance (optional)  
REFRESHMENTS: Coffee and tea will be available.  
REGISTRATION: Tickets will be on sale beginning November 3, on Monday, Wednesday and Thursday mornings.

### **STRETCH & TONE POTLUCK**

WHEN: Monday, December 10 5 p.m.  
COST: No charge  
WHAT TO BRING: Your contribution to the meal, including serving utensils.  
REFRESHMENTS: Please bring your own non-alcoholic beverage.  
REGISTRATION: A sign-up sheet is available at Tuesday and Thursday Stretch & Tone classes.

### **NEW YEAR'S EVE CELEBRATION**

This will be the final event sponsored by the Roy G. Hobbs Seniors' Club des aînés. Please note that all activities will be cancelled on that day. Following are the details:

WHEN: Monday, December 31 Noon (doors open at 11:30)  
COST: \$12 for members / \$15 for non-members  
WHAT TO BRING: Just your appetites! Price includes everything for the meal, including dishes, cutlery, etc.  
REFRESHMENTS: Provided  
ENTERTAINMENT: Ann Miner  
REGISTRATION: Tickets now on sale at the Club (Michel after 12:30 daily / Suzanne Wednesdays and Thursdays 9:30 till noon, or call 613-824-8607 or email [michelsuzanne@sympatico.ca](mailto:michelsuzanne@sympatico.ca))  
NOTE: Tickets must be purchased in advance.

### **MANY HAPPY RETURNS TO ALL THOSE CELEBRATING BIRTHDAYS IN NOVEMBER AND DECEMBER!**

Our apologies, but due to the abundance of information in the current Bulletin, we have run out of space to list the names of all members celebrating their special day – and we wouldn't want to miss anyone! We wish you all nothing but the best!

**DEADLINE FOR JANUARY/FEBRUARY BULLETIN – Contributions for the next Bulletin and Calendar should be submitted no later than December 17, to : Ann McConnell at [amcconnell.home@gmail.com](mailto:amcconnell.home@gmail.com) / 613-824-7371**

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Board of Directors

Ann McConnell, Marilyn Campbell, Nancy Hebert, Rosie Schurr, Christine Kennedy, Nan Frawley, Michel Theriault