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# *The Bulletin*

## **Hobbs Seniors' Club**

**November-December 2019**

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*There are three enemies of personal peace:  
regret over yesterday's mistakes; anxiety over tomorrow's problems;  
and ingratitude for today's blessings.*

Now that everyone is back from summer holidays, activities are in full swing. We have seen numbers increase in the Stretch and Tone classes, as well as the Beginners Line Dancing. As well, an influx of new members has been noted – welcome, everyone! It's good to see that word about our Club is getting around.

Thank you all for your kind donations of food (and other special items) to the Syrian family who are settling into our community. A \$100 No Frills gift card was also donated on behalf of the Club, so that the family could purchase some fresh items for their Thanksgiving meal. Denise reports that Nasreen and her children have been very touched by the outpouring of generosity towards her and her children.

The September workshop on Navigating Seniors Housing & Care had a disappointingly low turnout. Nevertheless, the informal sharing of information and ideas worked very well and everyone gained something of value from the session. Solva Senior Housing Consultants offer free retirement home search assistance, in addition to advice on other available options, planning, and more. Solva is the only referral service where the advisors are NOT paid commission, and where all prospective retirement homes pay the same flat fee, thereby eliminating any risk of preferential referrals. For more information, contact [caroline@solvaseniorliving.ca](mailto:caroline@solvaseniorliving.ca).

Fifteen people took part in the CPR Essentials workshop this month. Feedback has generally been very positive, although a few would have liked a greater focus on the hands-on training. This feedback will be shared with the Paramedic Service's Public Education department.

### **MEMBERSHIP**

A reminder that October 31 is the deadline for the discounted renewal fee. Please note that anyone who has not renewed by November 30 will be removed from the active member list. Should you wish to renew after that date, you may be required to fill out a new membership form. It's not that we don't welcome your participation, it's simply a matter of keeping our records current. As of October 31, Rosie (membership director) will only be available at certain times – see attached schedule. If she is not on hand, any other director will be pleased to help you.

### **NEW ACTIVITY BEGINNING NEXT MONTH**

Good news! Lise Archambault has recently received her certification as an instructor of the Gentle Sit and Stand Exercise Program. She is offering her services to lead a weekly class for anyone who feels they may benefit from some gentle stretching and balancing. The goal of this program is to reduce common physical problems such as stiff joints, aching backs, and low energy level, and to improve the functioning capability in activities of daily living. The long-term benefit of this will be the ability to live independently for a longer period of time. In order to allow members to give this program a try, the class is being offered free of charge for the month of November (members and non-members alike); thereafter, the \$1 and \$3 fee will be applied. The classes will be held on Wednesdays at 10:30 in the lower hall, starting on Wednesday, November 6. Come on out and give it a try!

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## **SPECIAL EVENTS**

We have had a good response to our October 30<sup>th</sup> Hallowe'en Potluck, which promises to be a fun event. If you haven't bought your ticket yet, there are still a few available at the Centre – see any Board member.

The following Special Events are planned for November and December. Unless otherwise noted, all events are held at the Roy G. Hobbs Community Centre.

### **CRIBBAGE TOURNAMENT**

WHEN: Friday, November 8, 7 – 9 p.m.  
 COST: \$6.00  
 WHAT TO BRING: Snacks (optional), quarters for skunks and "19" hands (optional)  
 REFRESHMENTS: Coffee and tea will be provided  
 REGISTRATION: At the door

### **STRETCH AND TONE POTLUCK**

WHEN: Friday, November 22, 5 – 8 p.m.  
 COST: No charge  
 ENTERTAINMENT: Harvey Rule  
 WHAT TO BRING: Your contribution to the meal  
 REFRESHMENTS: Please bring your own non-alcoholic beverage.  
 REGISTRATION: A sign-up sheet will be available at the Tuesday and Thursday classes.

### **CHRISTMAS DINNER/DANCE**

WHEN: Saturday, December 14 (Doors open 5 p.m., dinner at 6 p.m.)  
 WHERE: Orleans Royal Canadian Legion, Taylor Creek – lower level  
 COST: \$30 each for members and guests  
 REGISTRATION: Tickets will go on sale November 1.  
 DETAILS: We'll be celebrating the Christmas season with a buffet-style dinner, catered by Peter Loan Catering. Cash bar. Music provided by First Choice DJ.  
 Door prizes will be presented throughout the evening, culminating with a 50/50 draw.  
 Full details can be found on the colourful poster in the lobby.

### **NEW YEAR'S EVE PARTY**

**Note that all daytime activities will be cancelled on this date.**

WHEN: Tuesday, December 31, 12 – 4 p.m.  
 COST: \$15 members / \$20 non-members  
 ENTERTAINMENT: Debra McCann  
 REFRESHMENTS: Chinese buffet dinner, cash bar, coffee and tea  
 REGISTRATION: Tickets will go on sale mid-November.  
 DETAILS: As we welcome the New Year in "Hobbs style," we'll enjoy a hearty meal, some lively entertainment, door prizes, maybe a game or two, and a 50/50 draw.

**In closing, on November 11 let us be sure to observe two minutes of silence at 11 o'clock,  
 "Lest we forget."**

Board of Directors

Ann McConnell, Marilyn Campbell, Nancy Hebert, Christine Kennedy, Rosie Schurr, Nancy Frawley,  
 Michel Theriault (Honorary member)

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