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# BONNYVILLE SENIORS DROP IN CENTRE

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4813 47 Ave Bonnyville AB (780) 826-3619 bonnyvilleseniors50@gmail.com

January  
2020

## News and Views from President Sonja

### 2019 Executive & Board of Directors

President - Sonja Stryski  
1st Vice President -  
Al Robert  
2nd Vice President -  
Doris Ulanicki  
Secretary - Yvette Shostak  
Treasurer - Linda Cabana  
Director - Greg Alexander  
Director - Darlene Moren  
Director - Gerry Hoberg  
Director - Ted Malishewski  
Director - Tom Ulanicki  
Director - Rita Normand  
Director - Hélène Severyn  
Director - Leonard Shostak  
Director - Bill Gendreau

January 2020 is the start of a new year and a new decade. How many of us will be making those New Years' Resolutions only to break them two weeks later? Kudos to those who have the tenacity to achieve their desired goals. I did a bit of research to see what we, as "older adults", may choose as a New Years' Resolution and here were a few suggestions:

- ◇ Exercise 10 minutes each day
- ◇ Explore new volunteer opportunities
- ◇ Revive old friendships
- ◇ Spend more time with grandkids
- ◇ Make healthier dessert choices
- ◇ Revisit an old pastime
- ◇ Challenge your brain regularly
- ◇ Be conscious of your overall health.

Our Christmas Dinner was a success. Thank you to all who made it happen. "Thank You" to Real Croteau and Ray Rondeau for the entertainment.

Mark January 15th on your calendars, the Seniors Drop In Centre and FCSS will co-sponsor an information session presented by the Alzheimer Society entitled "Understanding Dementia and Alzheimer Disease". It is open for anyone to attend.

Our Annual General Meeting will be held on Monday, January 20th at 1:00 pm in the Pioneer Hall. We look forward to seeing you all there. You must be a paid member to vote on any items presented. The positions of 1st vice president and secretary shall remain as is; all others will resign and as per our bylaws. Returning, as well as, new candidates must be nominated and elections held. Please give some serious consideration to serving on the Board. This is your organization, let's make it a vibrant one!

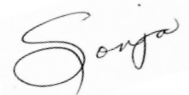
I wish to thank the Executive and the Board over the last two years for your patience, advice and support. Thank you to all the members who gave me words of encouragement along the way.

May 2020 bring you happiness, good health and contentment!

### OFFICE HOURS:

Monday to Friday  
12:30—4:00 pm  
Doors are Open!

Happy  
New Year!



"It is the mission of the Bonnyville Senior Citizens Society to provide affordable recreation, education, social and wellness programming for Seniors. We believe that an active senior is a healthy senior."

# UPCOMING EVENTS

## **Annual General Meeting**

Monday, January 20th, 1:00 pm  
Pioneer Hall (Floor curling to follow)

We are recruiting for the following executive positions: President and 2nd Vice President, all Directors must be re-elected to the Board.

Step up and help grow your organization. You **MUST** be a member to vote but do not have to be a member to attend the meeting. New people and new ideas are always welcome...come join an energized group of seniors!!!

## **Alzheimer Society presents “Understanding Dementia and Alzheimer Disease”**

When: Wednesday, January 15th - 1:30—3:30 pm

Where: Senior Citizens Drop In Centre - 4813 47 Avenue

What:

- ◇ The difference between dementia and Alzheimer disease
- ◇ Practical tips to help yourself and those with the disease have a better quality of life
- ◇ Have your questions answered by a professional

## **Pancake Breakfast**

Bonnyville Seniors Drop In Centre  
4813-47 avenue

**Sunday, January 5th, 2019**

**9:00 am to 12 pm**

Adults -\$10.00, Ages 7-12-\$5.00

Ages 6 & under is free

Join us for delicious pancakes, sausages, hash browns, scrambled eggs and the fixings! Coffee, tea and juice.



**Respect Newspaper available every 2 weeks for  
the bargain cost of \$1.00 each**

## CHRISTMAS DINNER, 2019



The winners of the door prizes at the Seniors Luncheon were:  
Gerry Hoberg, Joyce Drapaka and Helene Severyn!

Thank you to Carol Gendreau for the lovely photos & the layout!

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