

# BONNYVILLE SENIORS DROP IN CENTRE

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

March  
2019

## 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 -  
Germaine Prybysh

Director - Rita Normand

Director - Hélène Severyn

Director - Leonard Shostak

Director - Bill Gendreau

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

Weather wise, we will be happy to be done with February and OLD Man Winter! Spring is officially not here for several weeks yet but we do enjoy the longer days and sunshine. I'm sure some of you have received your seed catalogues and are dreaming of warmer days ahead.

Our floor curling tournament was a success; so, a big Thank You goes out to Emily Bourassa and Ralph Lapointe for a job well done. Thanks to the volunteers: registration desk, 50/50 sales, kitchen helpers, bar helpers and the setup/take down crew who keep the facility neat and tidy. Special thanks to Al Robert for the super condition of our curling floors!

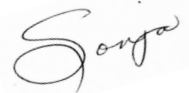
Our floor curling potluck wind-up is on March 30th; save the date! Registration is \$5. Floor curling will continue for another month pending interest.

If anyone has suggestions for bus trips (Cold Lake Museum, Basilian Fathers Museum in Mundare, Casino Dene, shopping trip to Lloydminster or to Kingsway Garden Mall) please notify any board member. Germaine Prybysh is now our entertainment contact on the board. The heating issue in the bus has been resolved making it more comfortable for travelling.

I must thank the ladies of the Sewing Group for the lovely new aprons, the old ones have found a new home in the rag bag.

Most importantly, the Sewing Group ladies have created and crafted a unique quilt for a fundraising raffle. Tickets will be on sale March 5th. Be on the lookout for them at the Drop In Centre. Thanks again, ladies!

So...keep warm, stay healthy, keep active and enjoy our activities and each other at our welcoming Drop In Centre.



---

# UPCOMING EVENTS

## Lakeland Floor Curling Wind Up

**Saturday, March 30th**

**8:15 am registration, \$5.00 fee, potluck lunch**

## Adult Wellness Presentation

**Wednesday, March 20th**

**9:30 am (start time)**

**Topic to be announced soon!**

**BE ON THE LOOKOUT FOR OUR BRIGHT PINK POSTERS!!!**

**We are recruiting for a wellness committee coordinator; contact anyone from the executive for more info! Giving back is so satisfying!**



### **Pancake Breakfast**

**Bonnyville Seniors Drop In Centre  
4813-47 avenue**

**Sunday, March 3, 2019**

**9:00 am to 12 pm**

**Adults -\$10.00**

**Ages 7-12-\$5.00**

**Ages 6 & under is free**

**Vera Mercier was the lucky raffle winner of the monthly draw donated by Kress Law!**

**Respect Newspaper available every 2 weeks for  
the bargain cost of 1.00 ea**

**And, the winners are....**



**March 9th!**



**March 17th!**

**I'm not getting old. I just can't remember stuff  
because my brain is FULL!**

"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."