

BONNYVILLE SENIORS DROP IN CENTRE

4813 47 Avenue Bonnyville, AB T9N 1M4 (780) 826-3619

June Newsletter 2023

Presidents Message

Hope you are enjoying the sunshine and flowers! May proved to be a busy month, but June looks to be busier! Kicking off June will be **Seniors Week June 4 to 11**, and we have things to do almost every day that week, over and above our normal activities! To start things off, on **Sunday**, we will have a \$5.00 per person pancake breakfast that is sponsored by Pharmasave. **Monday**, we have free chair yoga at 12:30 pm; **Tuesday**, we have a "Disability Awareness" presentation at 1 pm; **Wednesday** we have a "Getting to Know your Camera" session at 10 am, as well as free chair yoga at 12:30 pm. **Thursday**, at 10:30 am we have a "Medication Safety" presentation from the Bonnyville Primary Care Network and at 1- 3 pm, a pop up from FCSS regarding Local supports for Seniors Information. **Friday**, the Town of Bonnyville is sponsoring a "Free Swim for Seniors", from 11 am to 12 pm, at the pool. To finish off the week on Saturday, we are hosting a Seniors Week Social! Come join us for a surprise dedication, along with some snacks, some prizes, and some dancing or cards! We appreciate our Seniors! We hope to see you all here to celebrate Seniors and to enjoy your week!

We have started the installation of the new LED lights and are about to start on the ceiling tile replacements. Activities may be interrupted throughout the second and third weeks of June, so please bear with us as we attempt to accomplish these two upgraded. We will be winding down into our summer hours and they will be posted on the door for your reference. During the summer, there will still be some activities at the center, but fewer than the previous months.

We wish you a wonderful summer and we will see you all back here in the fall!

Sherry Hennessey



SENIORS WEEK PANCAKE BREAKFAST AT THE BONNYVILLE SENIORS DROP IN CENTRE

4813-47 AVE

SUNDAY – JUNE 4, 2023, 9:00 AM TO NOON

SPONSORED BY PHARMASAVE FOR SENIORS' WEEK!

SO, THE COST IS \$5.00 FOR EVERYONE!

EVERYONE - \$5.00

AGES 5 & UNDER FREE

Congratulations to our May Pancake Breakfast Door Prize Winners! First Place winner Janice Lapointe won an eye care package compliments of Lakeland Family Eyecare. Second place winner, Mary Ann Dunkin won a year's subscription to the Respect Newspaper. A big THANK YOU to LAKELAND FAMILY EYECARE and the RESPECT NEWSPAPER.



Subscribe office@respectnews.ca or phone **780-812-8953**

Your own copy of the Lakeland's newspaper for seniors (and seniors-to-be) will be in your mailbox waiting for you every two weeks, at less than the newsstand price!

\$45, (26 issues) **SAVE \$7** off newsstand price! Or

TWO YEARS (52 issues) **\$84**, **SAVE \$20** off newsstand price!

(GST is included in above subscription rates!) **SUBSCRIBE TODAY!**

Volunteer Workers are still needed for the Oil and Gas Show, June 21 and 22. Please contact the office to select your spot!

This is a great fundraiser for us as the Centre will receive \$10 per hour for each volunteer that works.

UPCOMING EVENTS

SENIORS' WEEK ACTIVITIES

Sunday, June 4 from 9am to Noon - Pancake Breakfast, sponsored by Pharmasave, so the cost is \$5.00 for everyone, ages 5 and under free!

Monday, June 5 from 12:30pm to 1:30pm - Chair Yoga – **FREE**, if you ever wanted to try it out now's the time!

Tuesday, June 6 at 1pm - Disability Awareness Presentation with Roxanne Ulanicki and Michelle Bissell

Wednesday, June 7 at 10am – Photo Presentation on how to use your camera with Germaine Prybysh

Wednesday, June 7 from 12:30pm to 1:30pm - Chair Yoga – **FREE**, if you ever wanted to try it out now's the time!

Thursday, June 8 at 10:30am – Medication Safety presented by the Bonnyville Primary Care Network.

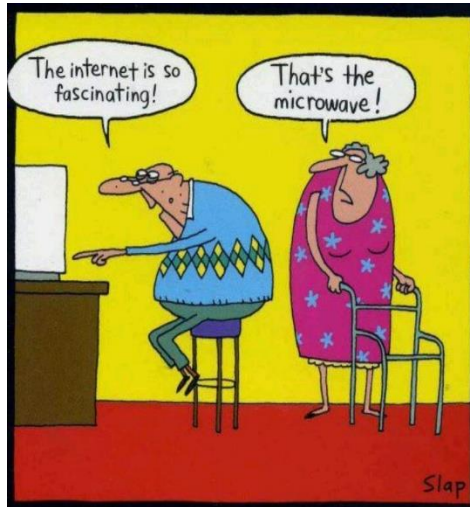
Thursday, June 8 from 1pm to 3pm – FCSS Seniors Support Pop-up - Come by the Bonnyville Seniors Drop In Centre and discover Provincial and local supports for seniors such as Alberta Seniors Benefit, M.D. Transportation Grant, etc. Coffee and donuts provided.

Friday, June 9 from 11am to 12pm – **FREE** swim for seniors at the Bonnyville Pool.

Saturday, June 10 at 6pm – Seniors Social in the Main Hall. Members and invited guests are welcome. At 6:00pm there will be a surprise dedication of the Main Hall. Snacks will be provided and there will be adult beverages for sale. Join us for a great time! There will be a Silent Auction, door prize draws, fifty/fifty raffles, etc.

Sunday, June 11 – BINGO at the Glendon Seniors Hall in **Glendon**. Doors open at 12pm, Bingo starts at 1pm. Admission is \$5.00/person and includes: entry for door prizes, 1 free card, lunch following Bingo. Extra cards can be purchased for 50 cents each.

On the Lighter side of Life...



A BIG THANK YOU TO ALL OUR SENIOR WEEK SPONSORS!

(AS OF MAY 29, 2023)

ALL ABOUT STORE

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TOWN OF BONNYVILLE

TD BANK

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1pm Floor Shuffleboard 3:45pm Fame	2 6pm Commander League	3
----- SENIORS WEEK – JUNE 4 TO 11 -----						
4 9am to Noon Pancake Breakfast – Main Hall 	5 12:30pm Chair Yoga - FREE 1pm Floor Shuffleboard – Pioneer Hall	6 1pm Disability Awareness Presentation 1:30pm Canasta 3:45pm Fame Main Hall	7 10am Presentation with Germaine Prybysh on Get to Know Your Camera 12:30pm Chair Yoga - FREE 1pm Bridge 6pm D&D 7pm Floor Shuffleboard	8 10:30am Presentation on Medication Safety by Bonnyville Primary Care Network 1pm Floor Shuffleboard 1pm FCSS Pop-up for Senior Supports 3:45pm Fame Main Hall	9 Pioneer Hall Booked for Private Event 11am to 12pm Free Swim for Seniors at the Bonnyville Pool 6pm Commander League	10 Pioneer Hall Booked for Private Event 6pm Seniors Social – Main Hall
11 Pioneer Hall Booked for Private Event	12 CHAIR YOGA CANCELLED 1pm Floor Shuffleboard	13 9am-9pm Tangled Threads – Pioneer Hal 1:30pm Canasta	14 9am-3pm Tangled Threads – Pioneer Hall 10am-1pm Beltone 12:30pm Chair Yoga 1pm Bridge 6pm D&D 7pm Floor Shuffleboard	15 1pm Floor Shuffleboard	16 6pm Commander League	17
18 	19 12:30pm Chair Yoga 1:00pm Floor Shuffleboard	20 1:30pm Canasta	21 12:30pm Chair Yoga 1pm Bridge 5pm Main Hall Booked for Private Event 6pm D&D 7pm Floor Shuffleboard	22 1pm Floor Shuffleboard	23 9am-9pm Tangled Threads – Pioneer Hal 6pm Commander League	24 9am-9pm Tangled Threads – Pioneer Hal
25 9am-6pm Tangled Threads – Pioneer Hal	26 12:30pm Chair Yoga 1:00pm Floor Shuffleboard	27 1:30pm Canasta	28 10am-1pm Beltone 12:30pm Chair Yoga 1pm Bridge 2pm Board Mtg. 6pm D&D 7pm Floor Shuffleboard	29 1pm Floor Shuffleboard	30 6pm Commander League	