
BONNYVILLE SENIORS DROP IN CENTRE

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October
2019

News and Views from President Sonja

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Thank you to everyone who came out to our annual Harvest Supper and Dance. It was a fabulous event!

October will be a very busy month for us at the Drop In Centre. We will be catering to five different events starting with the Vibrant Aging Conference on October 5th. Tickets are still available at Drop In Centre office. They are \$10 each which includes lunch, a great keynote speaker, very informative breakout sessions and lots of socializing! Our regular monthly breakfast is on Sunday, October 6th from 9 am—noon. The Oilmens Group is holding a Vegas Fun night on October 11th. The Seniors Centre is the designated recipient of the proceeds of this event. For this event, we will need many volunteers who will operate gaming tables, sell and serve drinks, sell 50/50's and raffle tickets. We need several people with a Pro Serve Certificate to serve liquor. Kitchen helpers are needed the day prior and the day of the event. Please ask at the office for further details.

October 19th is our Crib Tournament and October 23rd is the Lakeland Zone 7 Fun Day. See the posters on the Drop In bulletin board. Volunteers are required for ALL these events so if you are able and capable; **WE NEED YOU!** All funds raised help improve our facilities and our programming which benefit all of us.

By mid month, we need to get our floor ready for floor curling season. Again, we need folks to step up and make this happen. Curling will start as soon as the floor is ready. Hopefully, Thursday Oct 17th will be the start of the curling season.

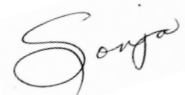
We celebrate Thanksgiving on October 14th. Take time to give thanks and give to those less fortunate. Our local Food Bank is in great need. Halloween at months end has the Ghosts and Goblins out and about our town. Drive with caution!

OFFICE HOURS:

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

Happy Thanksgiving

Office Closed -Monday, Oct 14th



"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

FLU CLINICS (Drop In Centre)

Tuesday, October 8	9 am — 3 pm	Pioneer Hall
Monday, October 21	3 pm — 8 pm	Pioneer Hall



Vibrant Aging Conference

Saturday October 5, 2019

9:30 am to 4:00 pm

Cost: \$10.00 per person (includes lunch)

Keynote Speaker: Patricia Morgan...will explore how to live vibrantly while accepting that getting older is inevitable!

Session Topics Include:

Ageism, Cannabis, Qi Gong, Travel Tips and Relationships



Tickets available at Drop In Centre or FCSS

See you all at the Drop In Centre for laughs, information & enrichment!

Pancake Breakfast

Bonnyville Seniors Drop In Centre
4813-47 avenue

Sunday, October 6, 2019

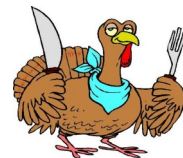
9:00 am to 12 pm

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.



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

CRIBBAGE TOURNAMENT

Saturday, October 19th
Bonnyville Seniors Drop In Centre
To register, call Jerome at 780.812.0490
Registration Deadline: Monday, October 14th
\$50 per team includes lunch and prizes
Registration at 9:00 am, Tournament Play at 10:00 am

BONNYVILLE FUN DAY

Wednesday, October 23rd
Sign up for cribbage, military whist and floor curling
Cost: \$20 (includes lunch and prizes)
To register, call Darlene at 780.826.1925
Registration Deadline: Wednesday, Oct 16th
Registration at 9:00 am, Fun Day starts at 10:00 am

VOLUNTEERS NEEDED AT THIS IMPORTANT FUNDRAISER FOR OUR CENTRE!

The Oilmen's Society has designated the Bonnyville Senior Citizens Society as the recipient of their yearly fundraising campaign. As the recipient of this campaign, we must provide a minimum 35 volunteers for various jobs during the evening. We need gaming table personnel (training provided), bartenders, servers, 50/50 sellers, ticket takers and kitchen help for dinner and lunch.

This all happens on Friday, Oct 11th. Contact the Drop In office at 780.826.3619 to let us know what you can do to help!