
BONNYVILLE SENIORS DROP IN CENTRE

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September
2019

News and Views from President Sonja

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The season for the hot days of summer has passed on by and we are into September with the shorter and cooler days of autumn. As we harvest our gardens and preserve our fruits and vegetables, we must think of our farmers as they try to bring in their crops. Hopefully, the Fall weather will be in their favor.

September also slowly brings the startup of Fall activities at the Drop In Centre. Beginning Sunday, September 1st, our monthly breakfasts are back after a two month break. September 21st is our annual Harvest Supper followed by a dance to the music of "Branch One Eighty Three". Tickets are \$35.00 each. Support your Drop In Centre by spreading the word and attending the monthly breakfasts and the Harvest Supper. Bring your family and friends! This month we also start planning for the upcoming floor curling season. We are in desperate need of a floor curling coordinator. Emily has done a fantastic job for a number of years but is now stepping down. Ideally, it would be great if this could be shared by two people. This position must be filled! To all members involved in floor curling, please step forward and offer your services, talents and ideas!

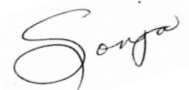
The summer "Out of School" program has gone well. I know it was somewhat of a shock for some folks to see 5—11 year old children sharing the building with seniors. We must remember that we depend on the community at large for support to operate our Centre; therefore, it was an opportunity to reciprocate. The rental income was an asset and did not disrupt our activities. Going forward, Saturday October 5th, we are hosting the Vibrant Aging Conference. This event is offered by FCSS. It is an all day event with lunch provided in your \$10 admission fee. We will need volunteers as we are providing lunch for the event. The Oilmen's are holding a Vegas Night on Friday, Oct 11th. Our Seniors will be the financial beneficiaries of this function. We need many volunteers for this event. There will be more information to follow. School is starting up and the children will be on the roads and crossing streets. We must keep this in mind as we go about our daily activities.

OFFICE HOURS:

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

Happy Fall, Y'all!

*Happy Labour Day!
Office is closed on Sept 2nd*



"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

I grew a beard thinking it would say
"Distinguished Gentleman." Instead, turns out it says,
"Senior Discount, Please!"



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, September 1, 2019

9:00 am to 12 pm

Adults -\$10.00

Ages 7-12-\$5.00

Ages 6 & under is free

The monthly pancake breakfast is back from summer vacation!!!

Join us for delicious pancakes, sausages, hash browns, scrambled eggs and the fixings!

Coffee, tea and juice.

You know you're getting old when the candles cost more than the cake.

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

BONNYVILLE SENIORS
DROP IN CENTRE
4813—47 Ave

ANNUAL HARVEST SUPPER AND DANCE

SATURDAY, SEPTEMBER 21
COCKTAILS @ 5:00 PM & DINNER @ 6:00 PM

DANCE TO LIVE MUSIC PROVIDED BY:

BRANCH ONE EIGHTY THREE

TICKETS \$35.00/person

Tickets available at Bonnyville Seniors Drop In Centre
and Tellier's Guardian Drugs



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