

LAKE COUNTRY SENIORS CENTRE SOCIETY

NEWSLETTER #7

August/September 2023 update from your Board...



Welcome back to everyone, especially those who were evacuated from the fires! What a stressful time for everyone.

Thankfully we have all been cleared to return to our houses and will be busy cleaning up evidence of the fires. It will be good to have this summer in our rear view mirrors! We owe an enormous debt of gratitude to the many, many firefighters who worked, and

are still working, tirelessly in the very worst of conditions to save our homes and structures. It is very comforting to still see many RCMP and firefighters on patrol in our neighbourhoods and they will likely be there for a while. Bring on the rain!!!

The Centre has been relatively quiet since the end of June but September will bring more activity as those groups who took the summer off will return.

And speaking of keeping cool ...the air conditioning has been doing its job in the Centre throughout the summer. We realize that some of you may find it too cool when you come in from the hot outside air and are then sitting and playing cards or games. That seems to be the nature of the beast when it comes to air conditioning which blows cooler, dry air and feels cooler than outside air at the same temperature. So, toss a sweater on your arm when you come to the Centre for anything other than physical activities and you will be comfortable.

Tuesday Lunches start up

September 12th the dedicated kitchen crew will welcome our eager diners for another nutritious meal. Please note that we have had to raise the price of our lunches.

New Prices: \$9.00 for Members and \$12.00 for Non-members

Frozen meals \$7.00



This increase will not come as a surprise to you, given the extreme rise in food costs. However, rest assured that your meal will be just as enjoyable as ever, along with the great social interactions!

Special Tuesday lunches: Thanksgiving, Christmas and Easter will be

\$12.00 for members and \$15.00 for Non-members.

Pre-sale tickets will be sold for these special occasions in order to control the number of diners.

And... speaking of the kitchen!



Last week our kitchen had a complete 'spa treatment'. Commercial cleaners were employed to come in and scrub the entire kitchen spaces and appliances. The oven looks amazing and is all ready for the new season of Tuesday lunches!



A sparkling kitchen oven is always a wonderful sight!!

Many, many thanks to a team of volunteers who emptied all of the cupboards and pantry so that they could also be cleaned. Before returning the dishes etc. to their rightful places, a full inventory count was performed (for insurance purposes) and also some purging of unneeded 'stuff'.

The cleaning didn't stop there!!

All of the upholstered chairs in the main hall were also professionally cleaned. They certainly have a lot of people sitting on them over the course of a year so this an annual event.

Any minor repairs to the chairs were also done at that time.



Calling on Volunteers!



Tuesday lunch programme urgently needs your help! Time is of the essence!

Can
You
Help?

For many years Marg Groen, our Lunch Co-ordinator, has so graciously supervised the set-up and take-down of the tables and chairs etc. for the lunches. She is retiring from that job in September and we are in need of a volunteer to take over her position. The great news is that Marg has agreed to continue as our Emcee, with her weekly jokes!

This position requires that you manage the Tuesday mornings' set-up/clean-up and the volunteers who kindly do the jobs. Marg has provided us with detailed procedures for this job and has agreed to supervise it all on Sept 12th and 19th and assist the new Co-ordinator. After that, the new Lunch Co-ordinator would take over.

Along with our Chef, the Lunch Co-ordinator is a vital part of the Tuesday meal programme and without both of them we cannot provide the meals. With an average of 90 members/non-members enjoying the lunches weekly, we know that one (or two) of you who would do a great job as Co-ordinator. Ask a friend to share the duties! It is not an onerous job but does require a commitment. **We are counting on you to help us keep this popular event running!!** **Please contact David French** at 250-258-7073 (cell) or david.french3@gmail.com



Bursary –

Every year we donate a \$1,000 Bursary to a graduating student at George Elliott High School. This year our recipient was Avery Aardema, who is now enrolled in a Geriatric Nursing program. We received a very nice thank you note from Avery and wished her the very best on her further education journey.

Ballet Barres – We have recently installed a set of Ballet Barres in the main hall. These provide some extra stability for some of our members during their exercise programs. It's always nice to have a helping hand!

Our Monday morning exercise class graciously posed for this photo!



Canada Day Display – once again we hoisted a tent and set up a display at the festivities at Swalwell Park along with the Rotary pancake breakfast, Lions' club root-beer floats, free cupcakes, live music on the stage and many community group displays.



Computer Classes-

Hello members of the Lake Country Seniors Centre,

The Boys and Girls Club has kindly offered us the use of their Computer Lab, should we want to offer any computer classes to our members. Firstly, we want to know if there is any interest out there!

Here is a short survey for you to complete, should you be interested in participating. You can just return your answers by email. The sessions would be on Thursday mornings from 9:30 to 12:00, starting sometime in September. Date to be determined.

Diana Yandt, our Secretary, is a Computer Support Specialist and is proficient in Microsoft Office programs and more. David French is our Apple guy! So, you will be able to receive help on both computer systems.

1. Do you want structured, focused lessons? Yes _____ No _____

2. Do you want to just come with your questions? Yes _____ No _____

3. Do you want help or learn how to use any of these:

Excel Yes _____ No _____

Microsoft Word Yes _____ No _____

Voice calling: Messenger, Skype, Facetime etc. Yes _____ No _____

Emails, attaching photos etc. Yes _____ No _____

Safely use On-line banking Yes _____ No _____

On-line shopping Yes _____ No _____

Take the mystery out of Facebook Yes _____ No _____

4. Do you need help using your iPad? Yes _____ No _____

Is there some other computer help you would like? _____

Comments: _____





Your laugh for the day ...

Check out our new *Seniors Taxi Service* !!



Produced by Mary-Lou Wightman