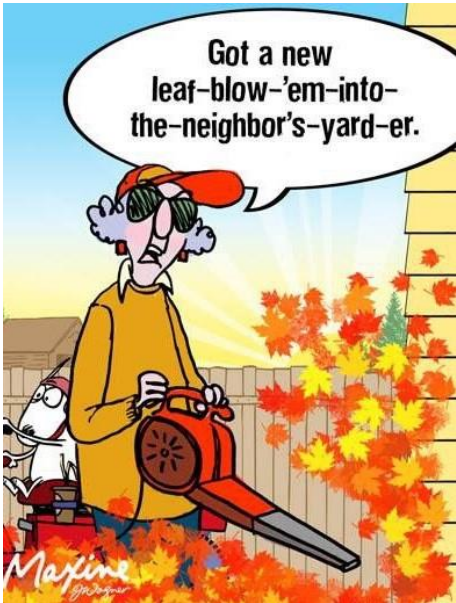


LAKE COUNTRY SENIORS CENTRE SOCIETY NEWSLETTER #8 2023 update from your Board...



October has brought us a welcome relief from the fires and smoke of the summer. With cool, crisp mornings and the amazing array of colours in our Okanagan valley it somehow makes the yard clean-up more tolerable!

The Seniors Centre is now back in full swing after the usual summer hiatus from some activities.

Our newest addition to our programs is "Computers" on **Thursday mornings from 10:00 am to 12:00 pm** The Boys and Girls

Club, which is attached to our building, has generously offered us the use of their computer lab facility. Our classes take place before the children arrive so it is open for us. You likely will not find computer help any closer than that!

David French and Diana Yandt are our computer gurus and are happy to guide you through any problems you may have when wrestling with your PC, laptop, Mac or tablet. Call the office to book your seat. As you can see, there is still plenty of space in the class.

Come on down!

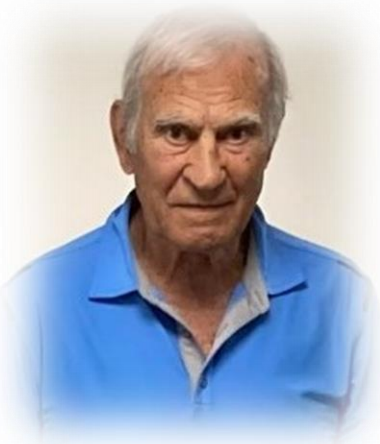


Congratulations to Kevin Bowles and Heinz Brand! They recently received awards acknowledging 30 years of service for Community Policing. Thank you Kevin and Heinz! Here is an excerpt from the the District of Lake Country News...

When asked what first inspired him to join the Community Policing volunteers and what has kept him involved, Kevin Bowles said: *"When I first signed up we did not have a detachment in, at that time, Winfield. The one police car that was available could have been in Westbank or down in Beaverdell which, you can imagine, would take them quite a while to respond to a call in our area."*

I and the crew just wanted to help the RCMP and be out there to report incidents before they became critical. I stay involved because more and more, as the community grows, the RCMP cannot be everywhere and I feel like we can help them a lot just by observations around town. When I work with them I realize that they are not just Cops, they are human too and very much appreciate our support for them."

Mayor Ireland recognized that the 30-year commitment of Kevin and Heinz to volunteer work in the community was really outstanding in efforts to help the community to be as crime-free as possible. RCMP Sergeant Jon Collins expressed to the long-time volunteers and spectators just how valuable the hours and commitment was to community policing service.



Way to go, Barry!



One of our own Lake Country Senior Centre Society Members, Barry Crombie was a competitor in the Huntsman World Senior Games this year in St. George, Utah.

It is the largest annual multi-sport event in the world for over 30 years for athletes aged 50 and over. The event includes more than 30 different sports and takes place for two weeks each October. From softball to swimming, from square dance to soccer, The Huntsman World Senior Games offers a world class competition experience.



Barry competed in Track & Field Shot Put, Long Jump, Discus and Field Javelin

Tuesday Lunches are back and as popular as ever!



Our amazing kitchen crew are back into action! The Thanksgiving themed lunch hosted 96 diners, along with 7 very special guests from our Lake Country Fire Department. Our members gave

them a warm standing ovation in recognition of the incredible jobs they performed during the challenging fire season!

Kudos to them for saving so many homes and protecting properties. We are forever grateful!



Halloween lunch - Our diners were treated to a short musical interlude courtesy of the 'little ones' from the Boys and Girls Club. They proudly displayed their costumes and received little treat bags. All so very cute!



Speaking of Kitchen Crew ... meet our newest member!

Florence, or lovingly named Flo, joined the kitchen in September. Anne named her after her favourite aunt who had a family reputation for making the best bread! If you have had the pleasure of tasting Anne's freshly baked dinner buns at the lunch you will certainly agree!

Flo will be very busy weekly, mixing up desserts and more.

Having the right tools is key to the success of any job!





A little bit of history for you ...

The Lake Country Big Band started in year 1999 by Ed and Mary Atherton who posted an advertisement in the Calendar newspaper to bring an instrument down to the GESS band room Friday night at 7pm and play some jazz.

We had about 16 people show up, someone handed out a single sheet of music and we started playing. A few more people came to us later on.

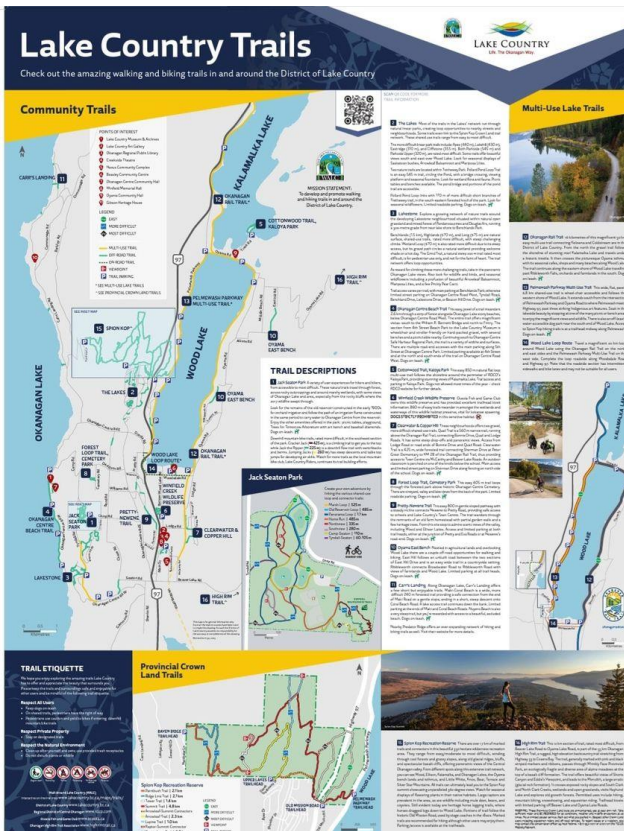
Today we have over 300 scores of music on file.

The band has stayed at 18 to 20 members. Some of whom are very accomplished musicians, some novice. Members change over the years, you are welcome to inquire about joining the band. One person has stayed on from the first night's practice.

Practice takes place weekly, Thursday evenings from 7:30 to 9:30 pm, in the main hall at the Lake Country Seniors Centre. We invite anyone to come listen any night but we encourage the last Thursday of the month and if we have an audience, we will turn it into a bit more of a concert, you can even dance if you wish.

For more info,

email lakecountrybigband@gmail.com or call Kevin at 250-766-2254



Fall is the perfect time of year to get out and enjoy the fresh air and colours of nature!



Next time you come to the Centre, stop in the main foyer and look to your left. You will see a poster on the wall from WALC (Walk Around Lake Country) showing the walking trails in our community.



On that poster you will note a QR Code on the top. Scan your phone over that and it will take you to their website with detailed trail maps and information.

Some walking trails are marked as being suitable for those with mobility challenges.



www.lakecountry.bc.ca/maps/trails

Activities storage room gets a refresh...

Our main floor storage room for the various activity groups is having a 'spa' treatment.

The old cupboards were built many moons ago and have withstood the test of time.



We enlisted the help of one of our members, Sandy Wightman, who volunteered to give those cabinets the 'five gallon overhaul'. He constructed and painted the new cabinet doors and added modern hardware to give the room a brighter, fresher look. They are ready to withstand another 40 years!!!



Time to s-t-r-e-t-ch your legs and more?



If the cooler, wet weather is keeping you inside, remember to come down to the Centre on **Monday mornings at 8:00 am to 9:00 am** to join in the Seniors Exercise Class.

This class is geared to our age group and offers stretching, toning and even teaching you how to successfully get up from the floor should you find yourself down there without anyone to assist you!

Did someone say 'Scrabble'??

Come down on **Thursday mornings 9:00 am to 11:45 am** and give your brain a workout. It's on a drop-in basis so all you need to do is show up, pay your \$1.00 activity fee and enjoy some friendly games of scrabble.

Please note that these players are readily using their Scrabble Dictionaries to make the game more enjoyable! That's my kind of game!



Here's your giggle for the day!



Newsletter Created
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