



**LAKE COUNTRY SENIORS CENTRE
SOCIETY
NEWSLETTER #9
February update from your Board...**



We survived the Polar deep freeze only to be plunged in to the fog zone. Mother Nature is testing us all!

It's a new year and we have some new things happening at the Centre.

We have officially joined the realm of Social Media...

"www.lcscs.ca" is your link to the Lake Country Seniors Centre web page. Have a look and you'll see that we have loads of information about our history, monthly calendar and regular ongoing activities.

Our hope is to attract new members to come and enjoy the Centre, so tell your friends if they are not already members!



Old Woodwork shop gets a new life...

Times have changed and so has the old woodwork shop. We are unable to secure insurance coverage for such an activity due to safety issues, so the shop has officially been decommissioned.



The dust bunnies have been chased away and cabinets scrubbed clean, and it is now converted into much needed storage space for the many kitchen items necessary for our weekly lunch program.

Hall Rentals have changed...

For the immediate future we are no longer accepting rental bookings at the Centre for a single event. This change has come about because we have no one to support the necessary opening and closing of the facility for one-time events.

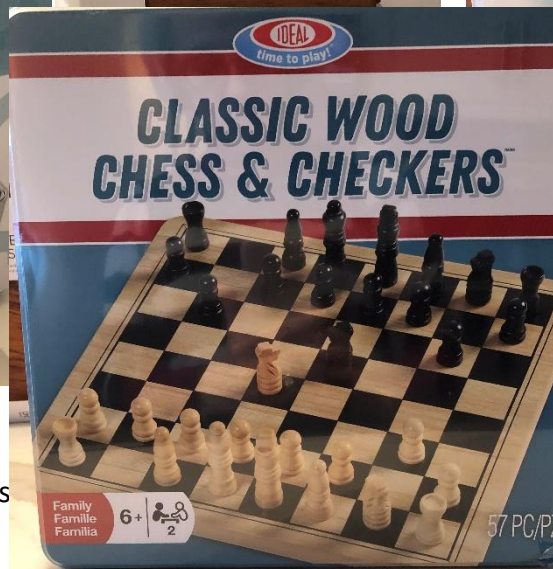
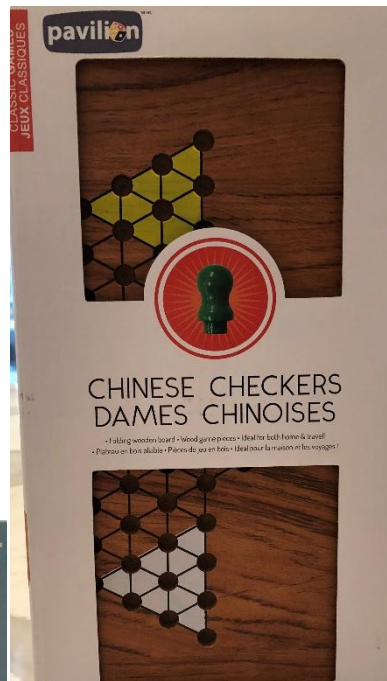
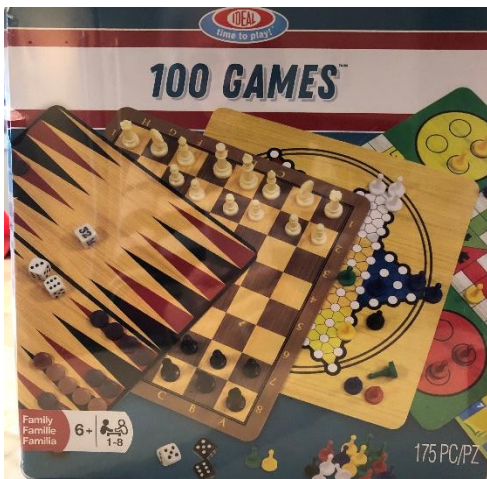
The various groups that are currently renting from us on a regular ongoing basis will continue as usual.



Come one, come all for drop-in Table Games ...

We have, at the request of several members, purchased a collection of table games. Members are all welcome to come and enjoy a variety of games on these dreary winter days.

Here is the selection available for your pleasure:



Scrabble is also in our collection plus numerous decks of cards!

Just a reminder of the days and times for our Drop-In Table games:

Mondays: 1 to 4 is Mahjong and also any cards or table games

Wednesdays: 10 to 12:30 for any card games or table games

Thursdays: 9 to 11:30 for Scrabble and any card or table games





LAKE COUNTRY SENIORS' ACTIVITY CENTRE

FEBRUARY

"Social Activities Calendar"

ALL CLASSES ARE 'DROP-IN' (except Big Band)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				TG/Scrabble: 9- 11:30am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm	Master Art: 9-1pm L - Pool-Games Room: 10-12pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm	Quilting: 10-4:30pm
4	5	6	7	8	9	10
	Fitness Class: 8-9am LC Artists: 10 – 1pm TG/Mahjong: 1-4pm	Lunch: 11-1pm Line Dancing: 2-3pm Yoga: 5:30-6:30pm Bridge: 7-10pm	TG/Cards: 10am to 12:30pm L - Pool-Games Room: 12-2pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm	TG/Scrabble: 9- 11:30am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm	Master Art: 9-1pm L - Pool-Games Room: 10-12pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm	Quilting: 10-4:30pm
11	12	13	14	15	16	17
	Fitness Class: 8-9am LC Artists: 10 – 1pm TG/Mahjong: 1-4pm	Lunch: 11-1pm Line Dancing: 2-3pm Yoga: 5:30-6:30pm Bridge: 7-10pm	TG/Cards: 10am to 12:30pm L - Pool-Games Room: 12-2pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm	TG/Scrabble: 9- 11:30am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm	Master Art: 9-1pm L - Pool-Games Room: 10-12pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm	Quilting: 10-4:30pm
18	19	20	21	22	23	24
Crib Tournament: 10am – 3pm	Fitness Class: 8-9am LC Artists: 10 – 1pm TG/Mahjong: 1-4pm	Lunch: 11-1pm Line Dancing: 2-3pm Yoga: 5:30-6:30pm Bridge: 7-10pm	TG/Cards: 10am to 12:30pm L - Pool-Games Room: 12-2pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm	TG/Scrabble: 9- 11:30am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm	Master Art: 9-1pm L - Pool-Games Room: 10-12pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm	Quilting: 10-4:30pm
25	26	27	28	29		
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Located at 9830B Bottom Wood Lake Road, Lake Country V4V 1S7

Office open Wednesdays and Fridays 10am to 2pm



Spring elections for our Centre...

As required in our by-laws, elections of the Board of Directors will take place at our 2024 AGM. The date is yet to be determined.

We will, however, soon have a Nominating Committee in place and they will be actively soliciting new Board members. The Executive Board is a vital part of operating our Society and the Centre so if you are invited to let your name stand for nomination, please consider volunteering for a position. It's a great way to help our Centre grow and provide recreational activities for our citizens.

B.C. Transit display coming to the Centre...



BC Transit is preparing for the launch of their new electronic fare system, Umo, which will allow transit riders to pay for their bus fares with either the Umo mobile app or a reloadable Umo card.

It will increase accessibility to transit and make taking transit more convenient for riders. This system will be launching on March 13.



They will be setting up an engagement booth in the foyer of our Centre on Tuesday, Feb. 27 from 11:30 a.m. – 1:30 p.m.

They will handout educational materials and answer questions for those who are interested.



We're on the hunt...

We recently discovered this very large, 6 feet long, painting residing in the old woodwork shop. Our mission is to contact the family of the artist who painted it, to return it to them. It is signed by Albert Wintz who lived here up until late in the 1990's. If you can share any information, please give us a call at the office or send an email. We would appreciate your help.



Interior Health gives us Straight A's!

Interior Health's inspector visited our Centre this week and gave us a report card that any parent would be proud of!! Many thanks to our team of volunteers plus Chef Anne and David, for maintaining our kitchen with excellent standards of cleanliness.

The pride they all take in their work clearly shows! Job well done!

Speaking of the kitchen and Tuesday lunch volunteers, the Christmas meal saw a record breaking 108 people enjoying the feast. The team is considering how to further streamline their serving procedure with larger crowds. Tasty home-style menus and the warm socializing continue to make this a popular activity at our

Centre.

Did you know??

Here are a few often heard phrases and their surprising origins!

1. **"Saved by the Bell"** and **"Dead Ringer"** – in the early days of New Orleans, a flood prone city, they buried their dead above ground (and still do). Yellow Fever was rampant and sometimes its victims appeared to be dead while actually in a coma and would 'rise again' when they came out of the coma. They tied a small bell on the toe of the dearly departed, attached to a chain outside of the coffin. If they should awake and ring the bell, help would come running!
2. **"Graveyard Shift"** – this was the individual who had the job of listening for any bells during the night!



Groundhog Day has come and gone now. Whether he was right or wrong, we still have to wait for Spring!

Produced by
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